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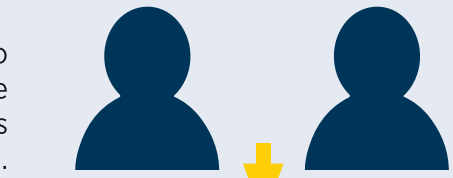

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STRENGTH IN NUMBERS

Nearly 4,000 soldiers and airmen participated in the first Arizona National Guard Military Muster at Sun Devil Stadium in Tempe, Ariz., on Dec. 7. The event preceded a community open house with more than 200 vendors, including the Department of Arizona's American Legion Family. Photo by Lucas Carter

Read the story online:
www.legion.org/membership

The American Legion Magazine, a leader among national general-interest publications, is published monthly by The American Legion for its 2.3 million members. These wartime veterans, working through 14,000 community-level posts, dedicate themselves to God and Country and traditional American values; strong national security; adequate and compassionate care for veterans, their widows and orphans; community service; and the wholesome development of our nation's youth.

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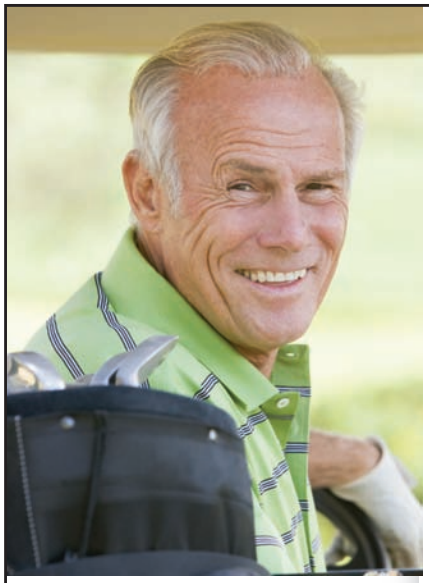

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Media Bakery

'RIF Tide'

The RIF tide rolls in, then out (December). Does history repeat? It happened after World War I, World War II, Vietnam, the Cold War and now. I believe history echoes loudly enough. So we must listen carefully for the tsunami of imminent threats and prepare, not repair.

– Pete Ciolfi, Titusville, Fla.

Regarding Douglas Wissing's article: it is always the Indians who get cut, never the chiefs. The Pentagon is overstaffed with high-ranking officers who have nothing to do but get us into endless wars that never turn out the way they are supposed to. Unfortunately, a RIF tide at the Pentagon will never happen because our civilian government is intimidated by its power. The military-industrial complex is laughing all the way to the bank while the Indians pay the price with their careers. So much for a budget crisis.

– Bill Hoffman, Brantwood, Wis.

My husband was an Air Force tanker command pilot with 13 years of service in Strategic Air Command before he was riffed in 1969. When he graduated from high school, the Air Force promised that it would make him an officer, gentleman and pilot with a secure career. He was from a retired Army officer's family and in it for the long haul.

After the RIF notice, my husband was taken off flying status and kept on the same base for six months so the classified material to which he was privy would be out of date, then discharged. He did not take the payoff and instead decided to enlist so he could finish 20 years and retire. He was given three stripes. I don't think he ever got over the blow to his ego. He was not openly hostile or angry, but deep down inside he became bitter.

Neither of us ever encouraged any of our four children to go into the military (our youngest daughter did do 12 years in the Navy), and we tried to discourage our youngest grandson from enlisting in the Marines (he did anyway, one tour in Afghanistan). I could not *not* write this letter. The military used my husband and then tossed him away like so much nothing. I'm sorry they are still doing this to other servicemembers and families.

– Jean L. Wingate, Banks, Idaho

Does Pearl Harbor ring a bell? How long will it take for us to get back on our feet after this one? And at what cost in lives lost, equipment lost, time lost in training and credibility?

– Stewart J. Ritchey, Mesa, Ariz.

'The Man Who Was Unbroken'

I regard Henry Howard's story (December) as one of the great examples of the Legion's motto, "For God and Country." When Laura Hillenbrand's book "Unbroken" was released, I began reading it on a flight from Portland, Ore., to Chicago and home, and could not put it down. I salute Howard, Louie Zamperini, Angelina Jolie and *The American Legion Magazine*. Keep up the good work.

– Wayne Warner, Springfield, Mo.

I hope veterans and their families read "Unbroken" and see the film. It is nothing like many war stories; it is so much more about the successes and incredibly horrendous struggles of Louie Zamperini.

After I spoke about the book with one of my POW VA patients, he mentioned that he was a prisoner with Zamperini and described the sadistic "Bird." I contacted the publisher, who put us in touch with Zamperini. My patient, whose nickname was "the Kid," told me later that he spoke to Louie and they had some laughs. With the humor the Kid always had, he told me, "He sounded old," and we had another laugh.

They are both gone, but never forgotten.

– John Hofer, Cross Plains, Wis.

'Mystery in Hot Springs'

The situation brought up in Ken Olsen's article (December) may be more common than not. Nebraska's first veterans home, established in Grand Island in 1887, is closing. The governor set up a bidding war between three central Nebraska communities to have a new home built instead of fixing whatever the government didn't like at the existing facility. The beautiful campus at Grand Island's facility allows easy access for the residents to either walk or travel by wheelchair to the United Veterans Club next door, and the veterans hospital is just a few blocks away.

The upheaval seems to be driven by politics and agendas, with no consideration given to the home's veterans.

With the new veterans home being built in the "winning" community of Kearney, the home's residents will have to be uprooted. They will have to be bused 40 miles to Grand Island to receive treatment at the veterans hospital, and the trip is that much farther to the VA facility in Omaha.

Although this is a state and not a federal issue, it's another example of our government's current dysfunction.

– Bob Borgheiinck, Grand Island, Neb.

Where were all the officials who could do something about the Hot Springs VA? Veterans in the area need quality health care, and it needs to be within a reasonable distance. Many are disabled and/or elderly. I hope this situation can be solved.

– Merlin Mortinson, Neligh, Neb.

'America's Most Beloved Veterans'

I enjoyed immensely the articles detailing the background of 25 of our beloved military heroes (November). I would appreciate follow-up articles that would take us through the rest of the 100, 25 at a time. Many of them I recognize, but others are unknown to me.

As I read the biographical information, it occurred to me that each of these leaders is deeply respected for his heroism, strength and integrity. In terms of my military service, I would far rather be respected than beloved. We have been richly blessed with such fellow citizens throughout our history.

– Ted Whittier, Kerrville, Texas

I'm not sure who conducted the poll to create the list shown in the story, but it appears that the names were selected based on fame or exposure. With few exceptions, the list is a collection of politicians, movie stars and athletes. Although there are a few enlisted people included, the majority are or were officers who gained their fame by sending those same enlisted people into sure-death situations while they "led" from the rear echelon.

Ask "ground pounders" who they respect more: the helicopter pilot who risked his life to get them out when they were wounded or the politician who sent them there in the first place.

– Richard Eddy, Selah, Wash.

This was a wonderful overview of 25 men who served with distinction. I noted that the additional list included a number of women. Consider an article, perhaps, on the top 10 women veterans. There are both heroes and "sheroes," are there not?

– Sharon Olson, Traverse City, Mich.

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4x4: A time for Legion Family values

America needs The American Legion Family.

If you don't believe me, ask the veteran who finally received our help about her long-overdue disability claim and could finally buy her son a hot meal, move out of their car and get into an apartment.

Ask the veteran at a VA medical center who was shocked by the number of patients whose only visitors were members of The American Legion, American Legion Auxiliary and Sons of The American Legion.

Talk to men and women recovering from wounds and illnesses at military hospitals and transition units to see what it means when Operation Comfort Warriors shows up with tickets – purchased through American Legion Family donations, 100 percent of which go directly to help people the fund was established to serve – to feed and treat them and their children to a Six Flags amusement park for a day.

If you are still not convinced, consider visiting Arlington National Cemetery at Christmastime, when Legion Family members place wreaths at the headstones of military men and women generations removed from anyone who personally knew them. Or talk to the doctor whose involvement in the Auxiliary's Girls State helped her earn a Samsung Scholarship, which launched a career in medicine that allows her to treat sick veterans at the VA hospital in her community.

If you like, try to add up the hours of effort that go into the many Legion Riders fundraisers that pay for college educations for children of servicemembers who lost their lives on active duty after 9/11.

If you're still unsure, stop by a disaster area where Legionnaires, Auxiliary members, Riders and Sons prepare food and load cases of bottled water onto trucks for displaced victims and relief workers, all while taking applications for National Emergency Fund grants.

Our family is everywhere because we need to be everywhere.

That's why my message this year is a call to support any or all American Legion Family funds, and to keep our organizations growing strong. Thus the 4x4 Program, a campaign to raise at least $4 million and exceed 4 million members. To help now or learn more, visit **www.legion.org/4x4**, call **(800) 433-3318** or mail a contribution to **American Legion 4x4, P.O. Box 361623, Indianapolis, IN 46236-1626.**

The second "4" in my program is about increasing Legion Family membership to 4 million so our organizations can remain as influential and powerful as they are today. (See more on membership on Page 52 and Legion Family membership applications on Page 53.)

Compared to others, we do not devote much time and resources to promotion; we are generally too busy doing. But we have something no ad blitz can buy: the collective power of a caring, loving family that numbers in the millions, built on shared values of mutual helpfulness.

Donations to Legion Family funds this year do not simply push us toward a monetary goal; they allow us to continue serving an increasing number of people who need us, from veterans seeking help with claims to wounded troops trying to restart their lives. Every new member and every dollar raised multiplies our ability to keep serving at a time when Legion Family values are needed most.

National Commander Michael D. Helm

MEMORANDA

WASHINGTON CONFERENCE

This month, hundreds of Legion Family members will visit Capitol Hill for the 55th Washington Conference. Events include:

- **Employment & Empowerment Summit**, Washington Hilton, 9 a.m. to 7 p.m. Feb. 18-19, 8 a.m. to 5 p.m. Feb. 20
- **Hiring Our Heroes Career Fair**, Washington Hilton, 7 a.m. to 5:30 p.m. Feb. 19-20
- **Traumatic Brain Injury (TBI) & Post-Traumatic Stress Disorder (PTSD) Symposium**, Washington Hilton, 8 a.m. to 4 p.m. Feb. 20-21
- **HEROES Women's Entrepreneurship Course**, Washington Hilton, 6 p.m. to 7 p.m. Feb. 21, 8 a.m. to 4:30 p.m. Feb. 22
- **Veterans Education Symposium**, Washington Hilton, 1 p.m. to 3:30 p.m. Feb. 22
- **"Know Before You Go" legislative briefing** and **Commander's Call**, Washington Hilton, 8 a.m. Feb. 24 (Commander's Call will be streamed live at **www.legion.org**)
- **Business Development Workshop**, Washington Hilton, 9 a.m. to 5 p.m. Feb. 24-25
- **National Commander's Testimony**, Capitol Hill, Feb. 25

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"All of this effort to help veterans springs from the need to keep that promise to help each other out, and the Legion opened my eyes to a way I can do that."

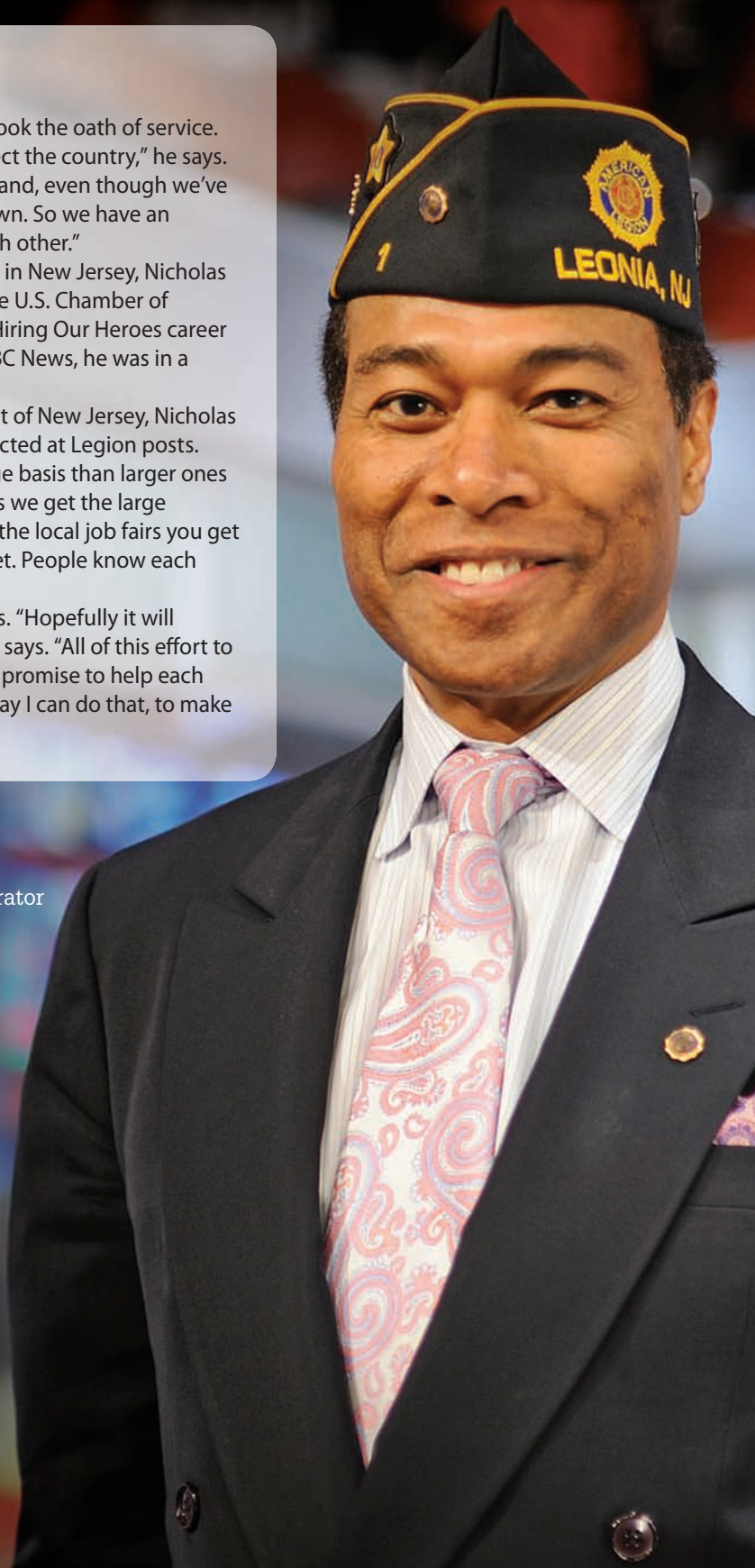
VAL NICHOLAS

In 1974, Val Nicholas enlisted in the Army and took the oath of service. "We all raised our hands and said we would protect the country," he says. "But we also promised to look out for each other and, even though we've left the military, we never put our hands back down. So we have an obligation to each other, to continue to serve each other."

As a service officer at his American Legion post in New Jersey, Nicholas helped establish an alliance between NBC and the U.S. Chamber of Commerce, which has produced more than 800 Hiring Our Heroes career fairs. As vice president and creative director of NBC News, he was in a unique position to help broker such a deal.

Working with the American Legion Department of New Jersey, Nicholas arranged for many of the career fairs to be conducted at Legion posts. These job fairs hire more veterans on a percentage basis than larger ones "because it's all local," he says. "At the big job fairs we get the large corporations, from Wall Street to Walmart. But at the local job fairs you get Bob's Hardware or Joe's Plumbing down the street. People know each other, and they want to hire local talent."

The initiative has spread to posts in other states. "Hopefully it will become part and parcel of what we do," Nicholas says. "All of this effort to help veterans springs from the need to keep that promise to help each other out, and the Legion opened my eyes to a way I can do that, to make sure that we don't leave anybody behind."



BRANCH OF SERVICE: Army (1974-1976)

MOS: Multichannel transmission systems operator

RANK: Specialist 4

AMERICAN LEGION POST: Sgt. Clendenon Newell Post 1, Leonia, N.J.

YEARS IN THE LEGION: 15

VETERANS ACTIVITIES

- Post service officer
- Sons of The American Legion squadron vice commander
- Advisory board member, USO and Blue Star Families
- Founding member, NBCUniversal Veterans Network and Got Your 6

Watch an interview with Val Nicholas online:

www.legion.org/magazine

Photo by Amy C. Elliott

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Presidential action on immigration

SUPPORT

Rep. Sheila Jackson Lee, D-Texas

■ Jackson Lee is a member of the House Judiciary Committee.

OPPOSE

Rep. Bob Goodlatte, R-Va.

■ Goodlatte is chairman of the House Judiciary Committee.

It has been two years since President Obama detailed his plan for immigration reform at Del Sol High School in Las Vegas and more than 500 days since the Senate passed a bipartisan bill supporting it. Everyone agrees that our immigration system has been broken for decades. Washington has let this problem fester for far too long. The president is taking action to fix as much of it as he can while continuing to work with Congress.

Acting within legal authority, the president's executive actions are an important step to fix our broken immigration system. And his actions are consistent with actions by previous presidents of both parties. In fact, every president since Dwight Eisenhower has taken executive action to address immigration issues, and well over a million people have come to the United States – and stayed – as a result.

The president cannot stop all deportations or fix the immigration system on his own, but he has also made it clear that he has some power to address immigration within existing legal authorities. He's doing his job and taking action to help solve this problem. But Congress also must act.

The president consulted with his lawyers, and I am confident that every action he takes will be lawful and consistent with both the Constitution and past actions. The facts do not bear out the notion that he has issued an unprecedented number of executive orders. In fact, he has issued them at the slowest rate in more than 100 years.

There is a very simple answer to the perception that President Obama is exercising too much executive authority, and that is for Congress to pass a bipartisan bill to permanently fix the system. If Congress can get that done, he will sign it into law.

THE HEART OF THE ISSUE

The president announced executive action to reform what is widely considered a broken immigration system. Republicans accuse him of an unconstitutional overreach of executive power that undermines the rule of law.

President Obama has decided to move forward with executive actions that he once said weren't within his constitutional power. His decision to recklessly forge ahead with a plan to unilaterally change immigration laws and shield 5 million unlawful immigrants from their enforcement ignores the will of the people and flouts the Constitution.

Americans say they are deeply concerned about our country's direction and went to the polls on Election Day to overwhelmingly reject this administration's policies. Additionally, poll after poll shows that Americans do not want the president to act alone on immigration. Rather than listen to them and change course, he is going rogue and driving full speed toward a constitutional crisis.

The Constitution is clear that it is Congress' job to write our laws and the president's duty to enforce them. By assuming legislative power and changing our laws by executive decree, he has acted outside the confines of his constitutional authority. Ultimately, these actions threaten to unravel our government's system of checks and balances and imperil individual liberty.

The president's shortsighted actions further set back any chance of enacting immigration reform. The debate in Congress over the past two years has shown that there is a willingness and need to reform our nation's immigration system. While there are varied opinions on how to amend our laws, one fact is clear: President Obama does not have the authority to change them on his own terms. It's disappointing that he has acted in haste and refused to work with the men and women Americans most recently elected to represent them in Congress.

CONTACT YOUR ELECTED OFFICIALS

The Honorable *(name)*, U.S. Senate, Washington, DC 20510 • Phone: (202) 224-3121

The Honorable *(name)*, U.S. House of Representatives, Washington, DC 20515 • Phone: (202) 225-3121

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Have you ever said to yourself "I'd love to get a computer, if only I could figure out how to use it." Well, you're not alone. Computers were supposed to make our lives simpler, but they've gotten so complicated that they are not worth the trouble. With all of the "pointing and clicking" and "dragging and dropping" you're lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that's designed for simplicity and ease of use. It's the WOW Computer, and it was designed with you in mind. This computer is easy-to-use, worry-free and literally puts the world at your fingertips. From the moment you open the box, you'll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you'll see the screen – it's now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The "buttons" on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games– you name it… and a new screen opens up. It's so easy to use you won't have to ask your children or grandchildren for help. Until now, the very people who could benefit most from E-mail and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn't it time you took part? Call now, and a patient, knowledgeable product expert will tell you how you can try it in your home for 30 days. If you are not totally satisfied, simply return it within 30 days for a refund of the product purchase price. Call today.

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Get on top of going under

According to Jane Fitch, president of the American Society of Anesthesiologists, it's important before surgery to mention any pre-existing medical conditions, prior surgeries or other problems to your anesthesiologist. List any allergies and medications (prescription and over-the-counter) you might be taking.

Fitch recommends that smokers refrain for at least two weeks prior to surgery; smoking affects the pulmonary system, so long-term smokers have a higher likelihood of not coming off the breathing tube as rapidly as otherwise.

She also recommends avoiding alcohol for at least two weeks before surgery as well. Illegal drugs can also cause serious problems, "but confidentiality laws protect your conversation with the anesthesiologist, so you need to be completely honest there as well," Fitch adds.

If you're diabetic or have high blood pressure, tell your anesthesiologist so he or she can be sure it's under control before the procedure.

Living Well is designed to provide general information. It is not intended to be, nor is it, medical advice. Readers should consult their physicians when they have health problems.

THE KEY TO A HEALTHY HEART

BY MARTIN SAYERS

Americans do not take enough care of their hearts. Cardiovascular disease – which includes heart disease, stroke and high blood pressure – is the No. 1 killer of men and women in the United States. It is also a major cause of disability, preventing millions from living life to the fullest.

Yet in most cases, cardiovascular disease is preventable, and there are plenty of simple things you can do to improve your heart health.

Know your history If you have a history of heart disease in your family, be especially cautious. "If a family member has developed heart disease younger than 55, that's a huge increase in risk for the next generation," says cardiologist William O'Neill, medical director of the Center for Structural Heart Disease at Henry Ford Hospital in Detroit. "Some of the factors can be genetic and detected at an early age. Those with a family history of early-onset heart disease should talk to their own doctor about screening."

Act on your alcohol intake If you drink a lot, that's bad news for your heart, and you need to cut down. It doesn't mean you have to give it up, but the key is moderation; a small glass of wine every night will not do you any harm and may even have a beneficial effect on heart health. There is also evidence to suggest that red wine may be more helpful to your heart than other alcoholic drinks.

Watch what you eat To keep your heart in shape, try to cut down on fat and calories and eat plenty of fruit and vegetables; five portions a day are recommended for adults. Keep sugary snacks and red meat to a minimum and try to avoid preserved meats such as ham and bacon, as they can contain high amounts of fat and salt.

Also, try to eat oily fishes such as mackerel and salmon, as they are full of heart-healthy omega-3 fatty acids, which your body requires but does not produce. They battle body fat and help with heart health. The American Heart Association (AHA) recommends eating two servings of oily fish a week.

Halt the salt The AHA also says you should eat less than 2,300 mg of salt a day, yet a typical American consumes

See **HEART** *on page* **17**

Media Bakery

COPD making you huff and puff?

SYMBICORT could help you breathe better, starting within 5 minutes.*

SYMBICORT does not replace a rescue inhaler for sudden symptoms.

COPD can make it hard to get air out, which can make it hard to get air in. SYMBICORT is a twice-daily maintenance medication for adults with COPD, including chronic bronchitis and emphysema, that could help make a significant difference in your breathing.*

*Results may vary.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT

SYMBICORT contains formoterol, a long-acting beta$_2$-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

- **Call your health care provider if breathing problems worsen over time while using SYMBICORT. You may need different treatment**
- **Get emergency medical care if:**
  - Breathing problems worsen quickly, and
  - You use your rescue inhaler medicine, but it does not relieve your breathing problems

SYMBICORT does not replace rescue inhalers for sudden symptoms.

Be sure to tell your health care provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.

SYMBICORT can cause serious side effects, including:

- **Pneumonia and other lower respiratory tract infections.** People with COPD may have a higher chance of pneumonia. Call your doctor if you notice any of the following symptoms: change in amount or color of mucus, fever, chills, increased cough, or increased breathing problems
- **Serious allergic reactions** including rash, hives, swelling of the face, mouth and tongue, and breathing problems
- **Immune system effect and a higher chance of infection.** Tell your health care provider if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection such as fever, pain, body aches, chills, feeling tired, nausea, or vomiting
- **Adrenal insufficiency.** This can happen when you stop taking oral corticosteroid medicines and start inhaled corticosteroid medicine
- **Using too much of a LABA medicine** may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, or nervousness
- **Increased wheezing** right after taking SYMBICORT. Always have a rescue inhaler with you to treat sudden wheezing
- **Eye problems including glaucoma and cataracts.** You should have regular eye exams while using SYMBICORT
- **Lower bone mineral density** can happen in people who have a high chance for low bone mineral density (osteoporosis)
- **Swelling of blood vessels** (signs include a feeling of pins and needles or numbness of arms or legs, flu like symptoms, rash, pain or swelling of the sinuses), decrease in blood potassium and increase in blood sugar levels

Common side effects in **patients with COPD** include inflammation of the nasal passages and throat, thrush in the mouth and throat, bronchitis, sinusitis, and upper respiratory tract infection.

Approved Uses for SYMBICORT

SYMBICORT 160/4.5 is for adults with COPD, including chronic bronchitis and emphysema. You should only take 2 inhalations of SYMBICORT twice a day. Higher doses will not provide additional benefits.

Please see full Prescribing Information and Medication Guide and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Ask your doctor about SYMBICORT
Learn more at MySymbicort.com

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Symbicort® 160/4.5
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

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IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta$_2$-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT. Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- **are pregnant or planning to become pregnant.** It is not known if SYMBICORT may harm your unborn baby
- **are breast-feeding.** Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- **While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.**
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta$_2$-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency–a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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Giving blood, by the numbers

Since 1942, The American Legion Blood Donor Program has encouraged departments and posts to organize blood drives. The 2013 Consolidated Post Report showed the rate of participation:

50,552	Total donors
82,156	Pints of blood donated

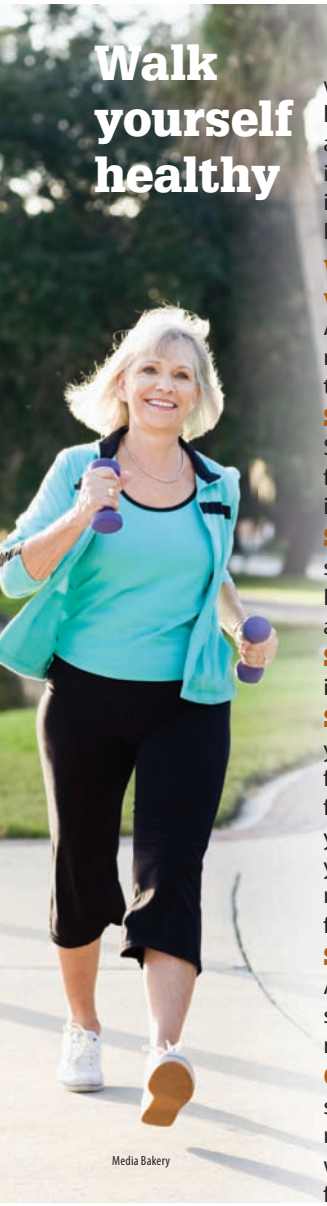
Learn more about the Legion's Blood Donor Program online: ***www.legion.org/security/blood***

The Legion works with the Red Cross, which reports the following numbers:

15.7 million	Total annual U.S. blood donations
9.2 million	Annual number of donors
38	Percentage of the U.S. population eligible to donate
10	Percentage that donates annually *(sometimes less)*
3	Number of pints in the average red blood cell transfusion
10	Number of pints in an average adult

Established in 1952, the Armed Services Blood Program manages donations for the military community around the world. Find out more about ASBP: ***militaryblood.dod.mil***

Walk yourself healthy



Media Bakery

Every hour you spend walking may add two hours to your life, according to WebMD. But it's important to stay injury-free while you do it. Here are WebMD's tips:

Wear comfy, well-fitting shoes. And make sure to replace them after three to six months.

Start with a warm-up. Start at a strolling pace for five to 10 minutes, then increase your speed.

Set goals. Aim for four to six walks every week. Beginners may want to aim for 20 to 30 minutes.

Stand tall. Posture is important.

Stride naturally. "Point your toes and knees forward. Straighten your front leg, but don't lock your knee. Try to land on your heel instead of the middle or front of your foot."

Swing your arms. Allowing your arms to swing freely helps you move faster.

Cool down. Walk at a slower pace for five to 10 minutes at the end of your walking workout. Don't forget to stretch.

HEART *continued from page* **14**

nearly double that. Excessive salt consumption increases your risk of developing high blood pressure, a major contributor to heart disease.

Try to avoid adding salt to your meals, and be careful to read food labels, as products such as breakfast cereals, bread, frozen dinners and processed meats often have high salt levels.

Stub out your smoking habit Smoking can have a ruinous effect on heart health, and smokers are much more likely to die of cardiovascular disease than nonsmokers.

If you smoke, do everything you can to give up the habit. Your doctor can offer you advice, and there are numerous medications on the market to help.

Know what you're up against Do you know your cholesterol and blood pressure levels? If you don't, you should, because high levels of either can mean you are a prime candidate for heart disease. Visit your doctor and get a checkup; if either is high, ask for advice on reduction strategies.

Martin Sayers is a freelance writer living in Cambridge, England. He specializes in health and nutrition issues.

New blood test for prostate cancer may help diagnosis

A new kind of blood test may help doctors determine whether an elevated PSA indicates prostate cancer or benign conditions such as an infection or enlarged prostate.

The new test, called the Prostate Health Index (PHI), has been available in Europe since 2010. It was approved for use in the United States by the Food and Drug Administration (FDA) and has been available since 2012.

A PSA measures the amount of prostate-specific antigen, a protein produced by the prostate gland that is found in blood. The PHI measures three kinds of prostate-specific antigen and combines them. They are total PSA, free PSA (a form that circulates in the bloodstream unattached to other proteins) and a subcategory of free PSA called proPSA or p2PSA.

Some research suggests that proPSA is more likely to be tied to prostate cancer than total or free PSA. There could also be a link between proPSA and aggressive prostate cancer.

Like PSA, the Prostate Health Index is still controversial. The FDA recommends that men older than 50 who have a borderline PSA (between 4 and 10 nanograms per milliliter) and a digital rectal exam with no sign of cancer talk to their doctors about whether they should have a PHI before undergoing a biopsy.

"If the test is available, it has its place," says urologist Brian Norouzi of St. Joseph Hospital in Orange, Calif. Magnetic resonance imaging (MRI) is another emerging option to save some men from biopsies, he adds.

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MORE THAN A STORY

Acquaint, or reacquaint, yourself with the The Chapel of Four Chaplains.

BY MATT GRILLS

Built in 1942, the old chapel at the former Philadelphia Naval Shipyard is a fitting place to honor the memory – and promote the legacy – of four of the nation's most revered brothers in arms.

Entering the building, visitors' eyes are immediately drawn to its original stained glass murals, which depict divine guidance at sea. Next, they notice a menorah flanked by a Protestant cross and a Catholic crucifix.

Finally, looking around, they see portraits of the chapel's namesakes. To the left of the wooden pews are the Rev. George Fox, Methodist, and Rabbi Alexander Goode, Jewish. To the right are Father John Washington, Roman Catholic, and the Rev. Clark Poling, Reformed Church.

This is the Chapel of Four Chaplains, born of one of World War II's most inspiring stories: four men of different faiths, on a rapidly sinking Army transport, giving up their life vests so that others might survive.

"Across the country, there are more than 300 memorials, plaques and statues dedicated to the memory of the Four Chaplains, but there's one that started it all, and that's here," says Christine Beady, the chapel's executive director.

As much an ideal as a location, the chapel wasn't always at what is now the Navy Yard. On Feb. 3, 1951 – eight years after USAT *Dorchester* was torpedoed by a German U-boat off Greenland, killing 672 of the 902 officers and enlisted men, merchant seamen and civilian workers aboard – President Harry Truman dedicated an interfaith shrine and memorial to the four Army chaplains at Temple University in Philadelphia, in the lower level of the Baptist Temple.

"A sanctuary for brotherhood," the Rev. Daniel Poling, Poling's father and the pastor of the church, called it. He worked tirelessly to establish the chapel, enlisting the help of supportive individuals and groups, including The American Legion. His message was unity and cooperation among people: "All races and faiths, all colors and economic degrees, living together and working together as Americans all."

The original chapel had a Byzantine design, with five stone arches on large columns on each side of the nave. The center arch to the west framed bronze memorial tablets listing the names of those who perished in the *Dorchester* sinking. The center arch to the east faced a 6-foot-by-10-foot Nils Hogner painting of the chaplains' final moments. Surrounded by rising waters and panicked men, their faces are calm as they hand their life vests to some and force them onto others.

In 1974, the Baptist congregation moved out, and the Chapel of Four Chaplains rented the building from Temple University until 1990, when structural problems and talk of demolition necessitated a move. Furniture, artwork and memorial plaques went into storage as chapel staff opened a temporary office at a strip mall.

The plan was to build a chapel complex on land acquired near Valley Forge, but trouble dogged the project. Fundraising lagged, and as time went on nearby homeowners – concerned about local traffic – vigorously opposed construction.

About that time, the Philadelphia shipyard closed, and the city began to reinvent the area as a waterfront business park. The chapel's board of directors saw an opportunity to avoid high costs and a construction project by moving into an existing building – and one connected to the military, at that. They signed a lease in 1999, and

ABOVE: *Bronze tablets bear the names of nearly 700 people lost when USAT* Dorchester *sank Feb. 3, 1943.* Photo by Bryan Woolston

LEFT: *The Chapel of Four Chaplains is nonsectarian, promoting strength in unity with one another and God.* Photo by Bryan Woolston

in 2001 the Chapel of Four Chaplains returned to Philadelphia. With the exception of a 9/11 memorial service and occasional events, though, its doors were closed until recently.

"They kind of remained quiet, not really sure if this would be their permanent home," says Beady, who came on board in 2012. "After 13 years, I'm pretty sure it is."

The Chapel of Four Chaplains is in the heart of the Navy Yard, a growing business campus on Philadelphia's historic waterfront. Photo by Bryan Woolston

Out of the wilderness

Lou Cavaliere, a retired Navy captain and chairman of the chapel's board of directors, says there's no better location than the Navy Yard. As the nephew of a *Dorchester* survivor, he understands supporters' confusion and even hurt over the decision to abandon building a new chapel. But when he's asked if that project will ever happen, his answer is "no."

Conceding that there was "dysfunction" in the organization, Cavaliere says the chapel sold off its remaining property at Valley Forge, and nearly closed after years of deficits. Now, with Beady, he wants to reacquaint Americans with the Chapel of Four Chaplains.

"The more we reach out, the more we're going to get back, and that's exactly what's been happening," Cavaliere says.

With the board's blessing, Beady opened the doors to the public and put many of the chapel's treasured possessions back on display.

A collection of photos and paintings pay tribute to *Dorchester* and its escorts, the Coast Guard cutters *Comanche* and *Escanaba*, which pulled

What survivors saw

Washington

Poling

Fox

Goode

George Fox, the World War I Marine turned minister. Alexander Goode, the rabbi with a medical degree. Clark Poling, seventh generation in a line of pastors. "Father Johnny" Washington, the happy-go-lucky priest who played baseball with boys from his parish.

Faced with the choice to save others' lives or save their own, they gave up their life vests and met death together. As word spread of their actions, they became known as the Immortal Chaplains.

Following USAT *Dorchester*'s sinking on Feb. 3, 1943, those rescued spoke passionately of the four men's courage. The Chapel of Four Chaplains is the guardian of 215 survivor accounts, which include eyewitness testimony of their supreme sacrifice.

Pfc. John Garey reported that the chaplains initially donned life vests, but when he looked back from his raft, they'd removed them.

Others saw the chaplains hand their vests off to disoriented men. "I heard a soldier say, 'I've lost my life vest,'" Lowell Young wrote. "Another voice said, 'Take this.' The officer passed close to me, and I saw the cross insignia of chaplain on his shirt collar."

Daniel O'Keefe, a 19-year-old Merchant Marine, said the chaplains "were standing on deck praying when our lifeboat drifted out of sight."

Nils Hogner's mural conveys the Four Chaplains' calm and courage in the midst of chaos.

Of his friend Washington, survivor Hugh Moffett recalled, "His voice, with that of his companions, was raised in prayer for the salvation of the ship and the safety of its human cargo."

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survivors from the icy waters. There's also Dudley Sumner's famous painting of the Four Chaplains huddled on deck, heads bowed and arms linked.

There are personal items, too, tied to the chapel's history and mission, including debris from Ground Zero in New York, brought back by the chapel's Emergency Chaplain Corps; a New Testament belonging to a Korean War POW who was baptized by the Rev. Daniel Poling as a youth; two 19th-century Torah scrolls; and a replica of the Medal of Heroism, a special award authorized by Congress and given to the chaplains' families in 1961.

Most important to Beady was bringing in the *Dorchester* memorial plaques. "I sat in the sanctuary, looked at them and said, 'I get it,'" she recalls. "This is their cemetery. We were not respecting 672 people or their families by keeping those plaques in storage for 20 years. We are happy to honor them now with a permanent display."

In fact, the plaques have yet to be mounted on the walls. "Most of our guests who travel to see them are in their 80s or 90s," Beady says. "They are the spouses, the siblings, of the people on those plaques. They want to touch their names. For them, those five plaques are their tombstones."

The chapel requests donations but doesn't charge a fee to enter. By making the building available as a venue for special events, Beady hopes to cover the costs of keeping it open. Donor monies should be used strictly for the chapel's programs.

Several couples married at the chapel last year, and it hosted its first baptism in several years. A former shipyard worker whose son was christened here wanted the same for his grandson.

One day, perhaps not too far off, the Chapel of Four Chaplains may again offer religious services. The Navy Yard is planning residential development in five to 10 years, and the chapel has been in contact with local congregations about the possibility of weekly Shabbat, Mass or worship.

Lou Cavaliere, the chapel's chairman, joins Christine Beady, executive director, in examining handwritten accounts and news clippings about the Four Chaplains. Photo by Bryan Woolston

IN THEIR FOOTSTEPS

Since 1951, the Chapel of Four Chaplains' Legion of Honor program has recognized people whose lives model selfless service to others without regard to race, religion or creed. Awards include:

LEGION OF HONOR Given for documented acts of selfless service to a person's local community

JUNIOR LEGION OF HONOR Given to young people who have contributed to interethnic and interfaith harmony in their communities, and demonstrated selfless service and volunteerism

HUMANITARIAN AWARD Given in recognition of a lifetime commitment to selfless service and extraordinary contributions that have demonstrably affected the quality of life in the community, state or nation

CHARLES W. DAVID JR. LIFESAVING MEDALLION Given to people who put themselves in harm's way to save lives

BRONZE MEDALLION Given in recognition of extraordinary contributions to the well-being of others at the national or international level

GOLD MEDALLION The chapel's most prestigious award, given to those who have received worldwide attention for acts of compassion or humanitarianism

Nominations are accepted from Legion of Honor recipients, church and government leaders, and leaders of civic, fraternal and veterans organizations.

YOUTH SCHOLARSHIPS

The Four Chaplains Memorial Foundation sponsors a scholarship competition for students in fifth through 12th grades. This year's theme is "Undiscovered Heroes," and entries should tell the stories of individuals who exemplify selfless service and sacrifice, either in the student's community or around the world. The deadline is Feb. 28.

Contact the chapel to learn more about the Legion of Honor and other programs:

www.fourchaplains.org ***(215) 218-1943***

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Chaplain Bill Reno tells the story of the Four Chaplains at American Legion Post 129 in Jacksonville Beach, Fla.

Photo courtesy *The Florida Times-Union*

Four Chaplains Day: A Legion tradition

The annual Four Chaplains ceremony in Grand Rapids, Mich., has outgrown Northeastern Post 459. With crowds of 200 to 250, it moved to the Gerald R. Ford Presidential Museum a few years ago.

"People who attend are so moved by the story, the music and the emotion it touches in all of us," says Chris Moore, a member of Auxiliary Unit 459 and one of the event's organizers. "As veterans and their families, we know what it is to lose someone, and how important it is that somebody was there with them at the end, giving all they could."

In 2014, nearly 1,400 American Legion posts participated in or conducted Four Chaplains services, on or near the first Sunday in February. Many follow the Chapel of Four Chaplains' recommended program, which includes a message about sacrificial service, individual tributes to each chaplain and an offering to support the chapel.

"Our ceremony has been going on as long as anyone can remember," says Bob Sussan, who has emceed Four Chaplains observances for Virginia's 17th District. "We have three or four posts that can hold a large crowd, so we usually rotate it among them."

The family of Rabbi Alexander Goode has been among the district's honored guests.

In Halifax, Va., Legion recruiting legend Frank Carr hosts a community dinner and Four Chaplains service at his church, with local veterans groups assisting.

"Every year we have a full house," says Carr, Virginia's department chaplain and a member of Post 99. "This is a small town, and to have 100 people come out for an evening ceremony is something we're proud of."

Carr is also proud of the Legion's resolution calling for awarding the Medal of Honor to the Four Chaplains. "What greater love is there than for a man to give his life to his brother?" he asks. "That's bravery."

SELFLESS SERVICE Through the ups and downs, with a building or without, the chapel has had one constant: its Legion of Honor program. Over the decades, thousands have received certificates and pins for documented acts of selfless service in the spirit of the Four Chaplains – "ordinary people out there doing extraordinary things," Cavaliere says.

The chapel also awards medallions to those who have received widespread recognition for their contributions to the general good or acts of compassion. The rarest is the Charles W. David Jr. Lifesaving Medallion, named for a black steward on the *Comanche* who dived into freezing waters to rescue dozens of *Dorchester*'s survivors. He contracted pneumonia and died soon after.

People sometimes assume the Legion of Honor is a local program, but it's national, and all awards go through the chapel, Beady says. Nominations are accepted from prior recipients, as well as leaders of civic, fraternal and veterans organizations, including The American Legion.

In fact, the Legion remains one of the Chapel of Four Chaplains' biggest backers. Hundreds of posts provide some measure of financial support, and observe the annual Four Chaplains Day with ceremonies or memorial services.

Bill Reno grew up hearing about the Four Chaplains from his father, a World War II submariner. His enthusiasm for their legacy led him to become the chapel's regional director for Florida. As chaplain of Palm Valley Post 233, Reno organizes one of the largest known Four Chaplains events for the department's 5th District. What began a decade ago with 50 people in attendance has become standing room only; he's considering moving it into Jacksonville's Veterans Memorial Arena next year.

"If anybody can leave without tears in their eyes, they're stronger than me," he says. "These are four American heroes, and as long as I'm alive I'll never stop recognizing them."

Such conviction is key to keeping the chaplains' memory alive – and to the chapel's mission of encouraging future generations to follow their timeless example of brotherhood, cooperation and service before self.

"I think some people believe that because we're a World War II-based organization we've run our course," Beady says. "I won't accept that, because the Four Chaplains stand for more than that. They stand for more than a story."

Matt Grills is managing editor of The American Legion Magazine.

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55-59	$15.28	$11.50	$24.79	$18.50	$48.58	$36.00	$96.17	$71.00
60-64	$18.50	$13.75	$30.17	$22.25	$59.33	$43.50	$117.67	$86.00
65-69	$22.08	$17.05	$36.13	$27.75	$71.25	$54.50	$141.50	$108.00
70-74	$29.53	$22.30	$48.54	$36.50	$96.08	$72.00	$191.17	$143.00
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TAPPED OUT

Across the United States, regions are failing the water stress test – particularly the West.

BY JAY STULLER

A turn of the tap and the subsequent rush of clean and cool water should be a source of comfort and security, reinforcing a sense of relatively good fortune for most Americans. After all, our homes use about 100 gallons of fresh water a day, while millions of people in other parts of the world subsist on fewer than five. In some developing countries, people may walk an average of nearly four miles a day to get one bucket of brown water; in the same places, more than 3 million die annually from diseases related to poor water quality.

However, while our taps and the infrastructure that feeds them are an American treasure, they mask what's known as "water stress." And it's happening not only in the familiar arid sections of the United States, but in agricultural breadbaskets and cities that have never before experienced water shortages.

- In 2007, the nation's southeastern region experienced the worst drought in more than 100 years. Georgia's Lake Lanier fell to an all-time low. Atlanta turned off city fountains and canceled Fourth of July fireworks while crops throughout the state failed.
- For four years, a drought has withered the southern Great Plains and most of Texas, roasting soils and crops and forcing farmers to sell livestock or go broke. Today's conditions are perhaps worse than during the infamous Dust Bowl of the 1930s and another punishing drought in the 1950s.

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■ California's Great Central Valley is enduring a long and scorching dry spell that has eliminated surface water sources, forcing farmers to drill ever-deeper wells into a rapidly depleting aquifer. In the 1970s, overpumping here caused half of the San Joaquin Valley to subside in one area by nearly 30 feet. New areas are now subsiding by a foot each year. Neighbors are drawing underground water in direct competition with other neighbors, an escalation that might be termed mutually assured destruction.

"It's our savings account and we're draining it," said Phil Isenberg, former Sacramento mayor and state assemblyman, in a *San Jose Mercury News* interview. "At some point, there will be none left."

Sandy Knapp is general manager of North American operations for Observant, an Australian firm that's developed an integrated and automated hardware, software, control and monitoring system that can reduce a farm's energy and water use by up to 30 percent in certain applications. "About two-thirds of our fresh water goes into growing food, including crops and livestock," he says. "Irrigation systems are therefore at the intersection of food security, energy use and water reserves. Inefficiencies and shortages have a direct impact upon large populations."

Indeed. Producing fruits, vegetables, milk, nuts and more, California literally feeds America, accounting for a quarter of what we eat. Arguably the most productive agricultural area in the world, the state ships more than 350 separate products throughout the United States and internationally, crops that in 2012 were valued at $45 billion. Agriculture so dominates California that it consumes about 80 percent of the state's developed water supply. But with nearly 40 million people depending on taps to drink, bathe and flush, water stress is a problem of near existential proportions.

WATER, WATER EVERYWHERE – ALMOST

This has almost always been the case, as great population centers and engineered canals that carry water from remote locations are a theme of human civilization, from Babylon to Rome to the Moche in northern Peru. Still, any discussion of water scarcity will compel a know-it-all to explain that the volume of water on earth hasn't much changed since long before the dinosaurs came and went.

That's true, since nearly three-quarters of the planet's surface is covered by lakes, rivers and oceans, the latter of which holds about 97 percent of the water – all of which is salty. An additional 2 percent, which is fresh, is locked up in glaciers, snow cover, ice sheets and permafrost. That leaves 1 percent for crops, farm animals, households and cooling power plants. Of that precious singular percentage, 30 percent is underground in soil and aquifers.

However, when it comes to distributing fresh surface water, Mother Nature is fickle. Too much water is as problematic as a drought; just ask the folks in North Dakota's Red River Valley, who after a couple of monster flood years might have a rough time believing tales of Texas tumbleweeds. Early in 2013, barges running the mighty Mississippi River were scraping bottom on a river that at St. Louis had fallen to its ninth-lowest volume since 1861. By April, major sections of the river were enduring one of the Mississippi's largest floods in 150 years.

So we have plenty of water, yet not in sufficient quantities in all the right places – especially for a nation with a population that's approaching 320 million.

"The common refrain in media stories about water shortages is that they are caused by droughts," says Brian Richter, director of global freshwater strategies at The Nature Conservancy. "Don't believe them. Droughts don't cause water shortages. People do."

In his latest book, "Chasing Water: A Guide for Moving from Scarcity to Sustainability," Richter explains how the Colorado River, which carved the Grand Canyon and fed an ecologically rich delta in the Gulf of California, was once "punctuated with deep green lagoons and marshes full of waterfowl and fish" and is now "a sunbaked, salt-caked barren wasteland." Because so much of the Colorado is siphoned off to supply Phoenix, Tucson, Las Vegas and cities in Southern California – and to irrigate enormous farms in Arizona's Gila Valley and the highly productive Imperial Valley in California – no river water actually makes it to the sea.

But aside from the Colorado River, few places are experiencing water shortages on a continual basis, Richter says. They tend to be episodic in nature. Yet it can be very difficult and expensive for farms and cities to reduce consumption after just one or two dry seasons. Instead, most U.S. communities consume a large portion of what their watershed supply yields each year, maximizing crops but leaving little in reserve.

Droughts eventually break, though it may take decades. Many Californians are counting on an

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The California Aqueduct has been ferrying water from the state's verdant north to the south's arid croplands and cities for half a century. But last summer, amid one of the worst droughts on record, state officials considered a plan to pump some of that water back uphill. Getty

El Niño this winter, when warming waters off the coast of South America sends wet storms that build a robust Sierra snowpack. Even so, such wishful thinking does not address fundamental and enduring issues resulting from water stress – problems that even a good year of rain can't fix.

THE UNDERGROUND BANK ACCOUNT For one thing, the climate is changing. Whether that's due to human activity or a natural variation is best left for another discussion. Either way, the earth is growing warmer, prolonging droughts and increasing water stress, which in turn compels farmers to deplete underground water reserves.

The Ogallala Aquifer beneath the Great Plains is one of the world's largest, sitting under parts of eight states. Its thickness ranges from a few feet below the surface to 1,000 feet deep, packed into alluvial sediment several million years old. Because the aquifer recharges at an exceptionally low rate, most of its water is likely melt from the last Ice Age, some 15,000 years ago.

Over the past six decades, pumping for agricultural irrigation and drinking water has depleted the Ogallala by nearly 10 percent. While farmers in the northern region of the aquifer are allowed to pump out only 18 inches a year, zones in the southern fringe are already dry. Even if conditions changed and pumping stopped, natural replenishment from rainfall would take about 100,000 years.

Moreover, while 10 percent may not seem like much, Richter points out another catch that affects farmers: "As the water level in a aquifer drops, the cost of the electricity needed to lift it onto a farm field rises sharply. Many of the farmers in the region can no longer afford to irrigate."

In California, this is not the first time that water resources have been sacrificed in the interests of farming and urban development. The Los Angeles Aqueduct that was completed in 1913 drained the Owens Valley in eastern California, and later Mono Lake. Its construction was a tale of "chicanery, subterfuge ... and a strategy of lies,"

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immortalized in the award-winning 1974 film "Chinatown."

Today it is the water beneath the Central Valley that is disappearing fast. Since California is one of the few states that does not regulate aquifer withdrawals, drilling and pumping is ongoing and unchecked. "We're mining water that is thousands of years old to produce crops that might last a decade or two," says Vance Kennedy, a retired U.S. Geological Survey hydrologist.

In addition, pumping water to irrigate crops is energy-intensive, using yet another limited resource and ultimately adding to the price of food. But advances in technology are helping change irrigation, offering new possibilities of combating water stress. That's why Observant has opened shop in the United States.

Established during a decade-long megadrought that devastated Australian agriculture, the firm sells systems that enable farmers and municipalities to be more productive while using fewer natural resources. Conventional irrigation largely involved educated guesswork, with some farmers flooding fields just to make sure everything was covered. Observant brings real-time intelligence to the farm.

"The control side is the most difficult piece of good irrigation management," Knapp explains. "If farmers have sensors that measure and remotely report the moisture content of a field, a system that incorporates reports of whether it will rain or not, and sensors on remote pumps and other equipment, they can better control the application of water. This enables them to reduce their use of water, energy and labor by as much as a third and increase the yield of their crops."

NO BIG FIX In the 1960s, an ambitious Los Angeles-based engineering firm drew up a grand proposal for diverting water from Alaskan rivers through Canada and down to the American Southwest, some 2,000 miles. As Richter explains in "Chasing Water," advocates claimed it would double the volume of fresh water in the contiguous states and solve the West's water issues forever. The plan never got beyond paper.

Such big fixes typically involve astronomical construction and operational costs – including the energy needed to pump water over mountains – and threaten adverse consequences. California already has such a system, a massive replumbing with some 2,000 miles of canals and pipelines. About 70 percent of the state's water supply comes from its northern half, but 80 percent of the demand is in the Central Valley and the south, with the largest population in and around Greater Los Angeles.

Recently, however, Gov. Jerry Brown resurrected a proposal to divert even more fresh water from the Sacramento River, around the Sacramento-San Joaquin Delta that feeds San Francisco Bay, to supply the farms and residents of the southern part of the state. In 1982, voters in northern California defeated a similar plan that would have devastated the delta's fishery. Doing so would also create an additional dependency; a major earthquake – not unlikely for California – could slash water supplies for two-thirds of the state.

There are other ways to address the problem, which taken together could significantly reduce water stress. Right now, California is considering emergency measures to deal with a drought so serious that regulators are considering fines of up to $500 per day for citizens who overwater landscapes, hose down sidewalks and wash cars without a shut-off nozzle. More fundamental is a need to repair or replace the infrastructure of waterlines, which are in as bad shape as many of the nation's roads and bridges. According to Richter, the Environmental Protection Agency estimates that about 17 percent of all water distributed in the United States is lost from leaking pipes, with Boston alone losing about 30 percent.

Better crop choices that require less water would also help, although economics is a countervailing force. Many California farmers have converted row crops to orchards of grapes, almonds, pistachios and walnuts, all of which need water year-round to survive. But wine and nuts are clearly more profitable than carrots.

Desalinization plants such as those developed in Saudi Arabia may have uses in urban areas, but these too are energy-intensive. New policies and regulations on water rights and prices can influence conservation efforts.

While Richter tries to remain optimistic, he admits that the trend is not good. "Water shortages are beginning to occur in places that once seemed to have plenty of water, as in the eastern United States ... and the impacts of shortages appear to be intensifying everywhere," he says. "Too many communities have been chasing water for too long. It is time to start living within the limits of water's natural availability."

Jay Stuller is an author, journalist and corporate communications consultant.

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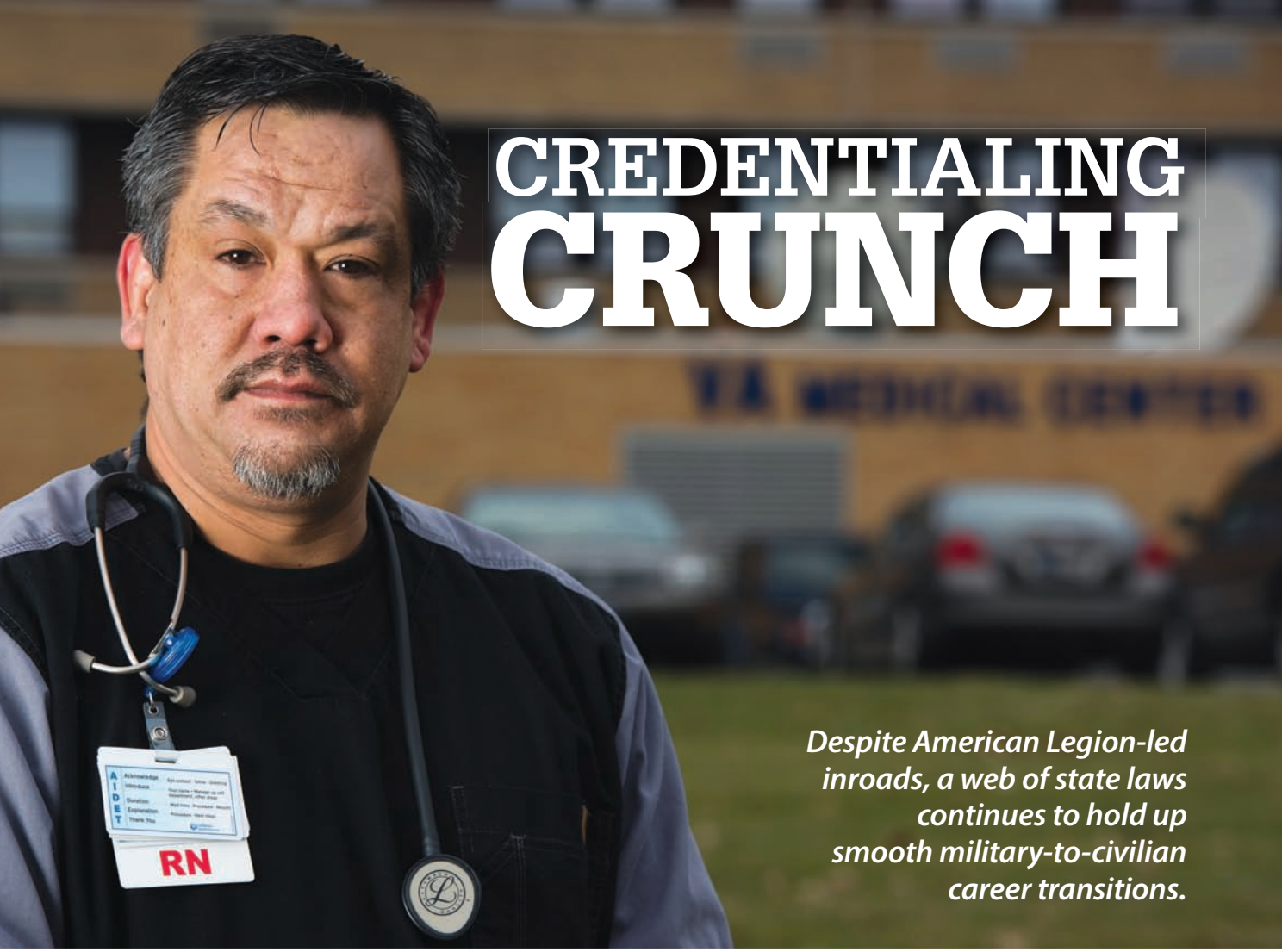

CREDENTIALING CRUNCH

Despite American Legion-led inroads, a web of state laws continues to hold up smooth military-to-civilian career transitions.

BY ANDY ROMEY

When G. Bill Kilgore left the Marine Corps in 1998, he thought his eight and a half years as a combat corpsman would – or should – open a few doors to a career in civilian medicine at home in Fort Wayne, Ind. He knew that military training is second to none, and was certain that no other on-the-job experience in health care could compare to treating wounds in the heat of battle.

But Kilgore's expectations did not meet reality. It took him over a decade to become a registered nurse. In the meantime, he took a factory job, but he was laid off when the economy recessed. He filed for unemployment benefits so he could take classes to get his nursing license.

Things might have turned out very different if Kilgore had lived in a state where military training gives combat corpsmen like him the opportunity to test for nursing licenses based on their résumés from the armed forces.

"When I came home, there wasn't really anything in place for me as far as what I had done for eight and a half years," Kilgore says. "It didn't convert over to anything. In some states, if I had been a corpsman and I had the experience I had, I would at least have been eligible to test either against the RN board or the (licensed practical nurse) board."

Kilgore's story is a common one among veterans who have separated from the military in the past two decades. He left the military trained and more proficient than most of his civilian counterparts pursuing the same field. But he was forced to jump through administrative hoops that ultimately delayed his career.

Missing at that time was any legislation that would allow military training like Kilgore's to count toward requirements to earn his professional license in a civilian career – known commonly as

ABOVE: *G. Bill Kilgore had nearly nine years of experience as an Army medic, but a lack of state credentialing laws required him to spend another decade to become licensed as a registered nurse.* Photo by Lucas Carter

See Kilgore's story: ***www.legion.org/magazine***

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G. Bill Kilgore received help from The American Legion to go back to school after being a combat medic for eight years. Now he's about to start a job as an emergency room nurse for the VA medical center in Fort Wayne, Ind. Photo by Lucas Carter

military licensing and credentialing laws. The first step toward bridging the gap came in 2012 when President Obama signed the Veterans Skills to Jobs Act, which counted military training toward requirements necessary to earn civilian occupational licenses for federal jobs.

With veterans like Kilgore in mind, The American Legion had been fighting for the passage of such a law since 1996. Still, the process for a veteran to get licensed isn't as easy as showing up in an office with a DD-214 proving relevant military training. Conflicts between federal and state requirements for licenses and credentials complicate the issue, which remains far from resolved around the country.

Fighting it out in the states The battle for licensing and credentialing laws is now being waged in state general assemblies and legislatures. Federal law can only reach occupational licenses in certain regulated fields, such as aerospace, agriculture, maritime transportation and communications. The licensing of most professionals – including nurses, paramedics, truck drivers and teachers – belongs to state law. And the licensing protocol is often left to a state's individual agencies, which can be problematic, says Elizabeth Belcaster, spokeswoman for the International Brotherhood of Teamsters.

The Department of Defense has instructed state licensing offices to allow equivalent military experience to fulfill requirements to receive state licenses, but vague wording – and the non-binding effect of a federal mandate on a state agency – has left implementation up to local offices. This results in inconsistencies in licensing protocol, even among offices in the same state, Belcaster says.

"If a veteran has his military (commercial driver's license equivalent) and has separated within 90 days, he can come into the Secretary of State's office in Illinois, and they will waive the driving test, but that doesn't mean they are going to waive the permit test," she says. "That process is something that each office and each administrating office for certifications and credentials identifies a protocol for."

Legionnaires at the state and post levels have responded by lobbying their legislatures and general assemblies to pass new licensing and credentialing laws in their states. All 50 states have now passed some form of legislation in this area, thanks in part to strong Legion advocacy. But their work is far from done.

In 2012, the New York State Department of Labor launched the Experience Counts initiative, which streamlines many state licensing processes for veterans. Supported by the Legion, the initiative includes commercial driver's license (CDL) road test waivers for veterans who drove trucks in the military. However, veterans are still required to take the written portion of the test and pay the corresponding testing fee.

Mackenson Vil, a Brooklyn, N.Y., native and former Army truck driver, says he took advantage of that waiver to upgrade his CDL from Class C to Class B after separating last November.

"It is a really efficient system," Vil explains. "To be honest with you, I didn't know what I was going

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>
> ***Elizabeth Belcaster,*** *spokeswoman, International Brotherhood of Teamsters*

to do. I was stressing out because I thought I wasn't going to be able to find a job. I was looking all over."

The Teamsters, with whom the Legion has collaborated to tackle the complicated issue of licensing and credentialing, took notice of Vil and got him behind the wheel of a rig.

"The Teamsters are the ones who put me in a truck," he says. "They really looked out for me."

Belcaster is satisfied there's been progress, but she'd like to see a lot more.

"We've come a long way from five years ago, but now we have to figure out the process for implementing this on the civilian side," she says. "Industry by industry, that is going to look different, so there is still a lot of work to do."

An 'economic story' Licensing and credentialing legislation for veterans has been an easy sell for Legionnaires because it makes good economic sense, says Dale Barnett, chairman of the Legion's Veterans Employment & Education Commission. He was part of a team of Georgia Legionnaires who fought for passage of an expansive state law that created a special committee charged with determining which state licenses would allow waivers based on military training.

Passed in April 2012, the Georgia law was a huge success because it allowed waivers to be granted on an ad-hoc basis rather than targeting licenses in a specific industry. It also allows for waivers for military spouses who have been forced to relocate to the state due to change of station.

The laws' economics are easy to understand, Barnett says. The military – and the taxpaying public – have already paid for these veterans to be trained. Forcing them to spend taxpayer-funded education benefits on certification classes is the equivalent of paying for them to be trained twice, and it places an unnecessary burden on veterans trying to make the transition to civilian careers.

"It is just good common-sense legislation that does not provide any special privileges to (those who served in) the military, but allows them to receive credit for what they have already accomplished in the military," he says.

The plain logic of the legislation was the main selling point for the Teamsters, too.

"It is very much an economic story," she says. "If you've got a thousand soldiers from one area who are not working, it impacts the whole society and the whole country."

A grassroots outlook The Legion's efforts to improve state licensing and credentialing laws have been a priority since it had its first roundtable discussion on the issue in 1996 and the Veterans Skills to Jobs Act was passed in 2012. In 2009, the unemployment rate for veterans sat at 14.5 percent; it has since dropped to 6.9 percent. Belcaster says it is no coincidence that the decline coincides with the improved licensing legislation.

"We should have looked at this a long time ago," she says. "But we're here now, and we have created some great pathways. Veterans have been impacted by the numbers."

The work, however, is far from over. Starting this winter, the Teamsters – with logistical support and backing from The American Legion – will begin offering civilian CDL training to enlisted military truck drivers. The training-to-placement program will set up shop on military bases and offer drivers the opportunity to earn their civilian CDLs before they are discharged.

"Our industry is in dire need of truck drivers," says James P. Hoffa, Teamsters general president. "We certainly want to transition these talented individuals from the military to private industry."

This month, The American Legion will host its second National Credentialing Summit in Washington to identify best practices for implementing state laws and lobbying for new ones. The Teamsters, policymakers and other key stakeholders will be part of what is expected to be a collaborative discussion.

The goal is for all relevant military training to be considered for licensing and credentialing requirements, regardless of the various reaches of state or federal law, Barnett says.

As it stands now, too many combat medics – such as Kilgore in Indiana – are unable to take their registered nurse tests based on military experience, but they could if they lived in Arizona, South Dakota or New Mexico, among other states.

"It's simple," Kilgore says. "If you can pass the test, that says you have the information and the proficiency to be a nurse. What you do from there is on-the-job training. That's what makes a nurse."

Andy Romey is an assistant editor for The American Legion Media & Communications Division.

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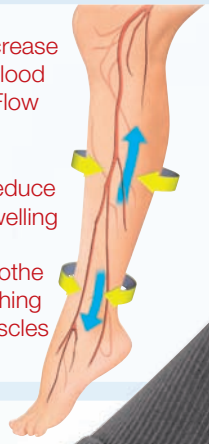

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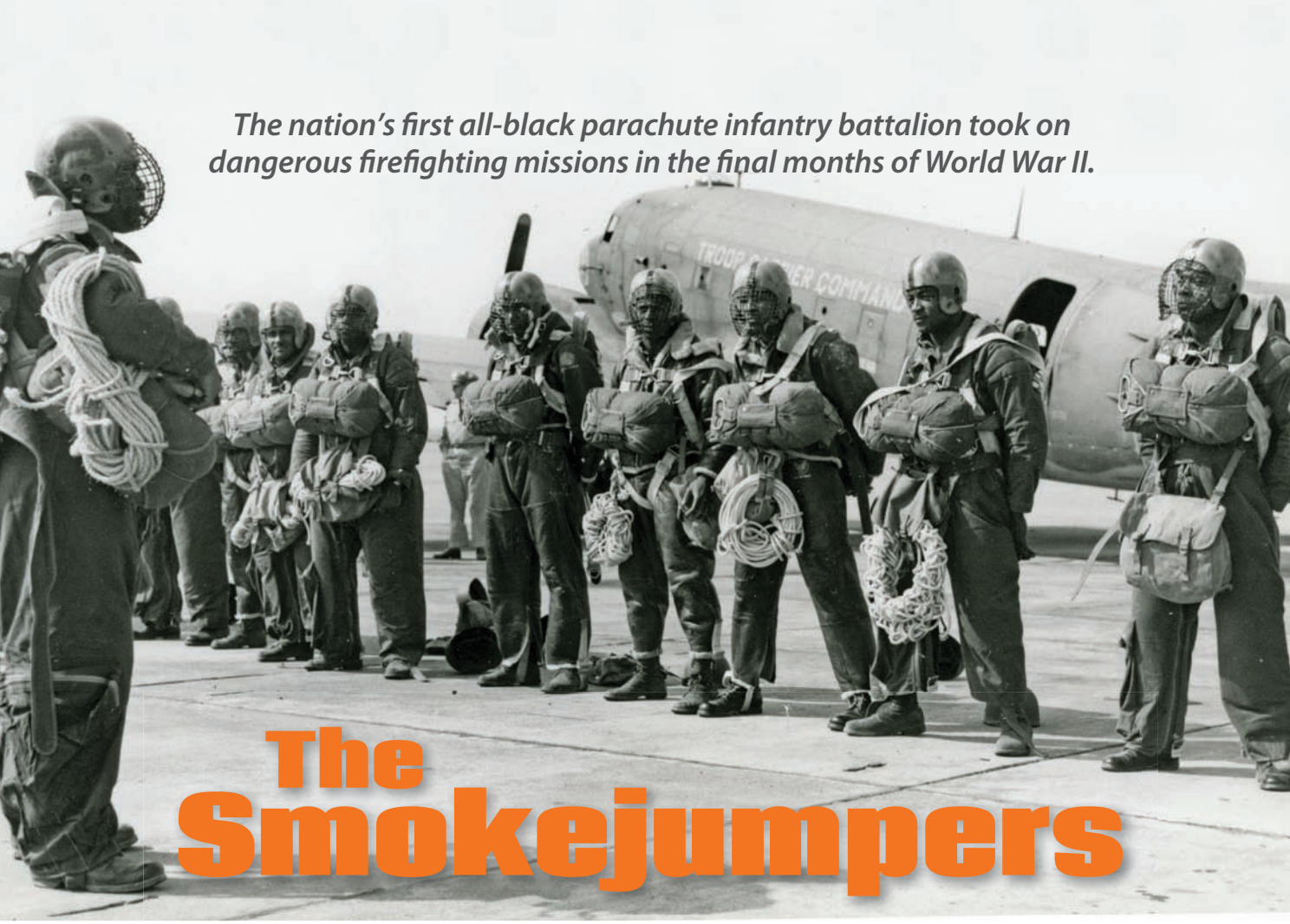
The nation's first all-black parachute infantry battalion took on dangerous firefighting missions in the final months of World War II.



The Smokejumpers

BY CARL GIDLUND

Walter Morris didn't enlist in the Army in 1941 to be a garrison soldier. Neither did the 30 other black men assigned to his service company at Fort Bragg, N.C. Morris' men guarded the school where white soldiers were training as paratroopers, and they needed motivation.

So every evening, the 23-year-old sergeant double-timed his troops to the calisthenics training field and put them through the same PT program given the white trainees. Then he led them to the school's mock airplanes, where they practiced paratrooper exits.

Their activities didn't go unnoticed. School commander Lt. Gen. Ridgely Gaither summoned Morris to his office and informed him that his platoon would become an Army airborne unit, with Morris its first sergeant.

"My men were servants prior to that," Morris says. "Now they were going to be paratroopers. It showed in their attitudes, their uniforms, how they addressed you."

The test platoon, as it was termed, remained segregated. "We had our own separate tables where we ate," Morris recalls. "We had separate barracks where we slept. And we had (white) enlisted men and officers betting – actually betting – that we could not stand the rigorous four-week training program and that we would not jump out of airplanes."

But jump they did, with gusto. And after the test platoon soldiers earned their wings, the gates opened to other volunteers. By January 1945, the unit – designated the 555th Parachute Infantry Battalion – had nearly 400 battle-ready officers and men. Its soldiers referred to themselves as the "Triple Nickles."

But the European war was winding down, and

ABOVE: *Paratroopers of the 555th Parachute Infantry Battalion stand at ease prior to boarding an Army Air Corps C-47 for a smokejump over a national forest in Oregon in the summer of 1945. The men were issued smokejumper helmets and let-down ropes but wore sheepskin outer garments rather than standard smokejumper canvas suits.* Photo courtesy Army Signal Corps

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Loadmasters of the 555th Parachute Infantry Battalion lift gear into an Army Air Corps C-47 at their Pendleton, Ore., base in the summer of 1945. Photo courtesy Army Signal Corps

soon the 555th was downsized to a reinforced company of eight officers and 160 men.

In late April, the Triple Nickles received mysterious orders transferring them to an air base in Pendleton, Ore. Barracks betting favored the idea that this was the first step toward the 555th heading to the Pacific, where the war with Japan still raged. They were ready for the Japanese, but not for the next surprise.

The Japanese had begun lofting incendiary-laden balloons into the jet stream, where they were carried to the North American continent. The government feared that those balloon bombs, coupled with normal summer lightning, would ignite major fires in Northwest forests.

The Forest Service had been parachuting men to forest fires since 1940, but by 1945 most regular smokejumpers were in the military services. A small cadre of conscientious objectors had volunteered to replace them. The Triple Nickles would augment the group as air-delivered firefighters in a joint military/Forest Service project dubbed "Operation Firefly."

The Japanese balloon campaign began in June 1944. Of some 9,300 launched, it's estimated that 1,000 balloons made it to North America, landing from Alaska to Mexico and as far east as Michigan.

The U.S. government kept a lid on the story, and the news media cooperated. The Japanese never learned that even a single balloon reached U.S. shores and killed the program in April 1945. But the regular fire season was starting, and the attacks might resume. The Forest Service and military geared up for a potentially dangerous summer.

At Pendleton, the men were issued two-piece jump suits made of soft leather, gear similar to that worn by bomber crews. The jackets' high collars were stiffened with stitched duck, and trousers were reinforced with webbing. They traded their steel pots for leather football helmets with wire face masks and were issued 50-foot ropes for let-downs from trees.

A battalion officer, Lt. Col. Bradley Briggs, recalled the mission in a unit history. "We knew how to jump from airplanes," he wrote, "but the heavily forested areas of the Northwest presented drop zones that were more difficult and dangerous than any we had faced before. We were used to explosives, but we had little if any experience in the disarming of bombs. Firefighting was, of course, an entirely new experience."

After three training jumps with their new gear, a group was dispatched to Chico, Calif., to provide coverage for nearby forests, and a contingent was retained at Pendleton for fires in Oregon, Washington, Idaho and Montana.

From mid-July to early October 1945, the black smokejumpers participated in 36 missions. Individual jumps totaled more than 1,200. The first smokejumper killed in the line of duty was a Triple Nickle, Malvin Brown, a medic who died Aug. 9 while attempting a let-down from a tree. More than 30 suffered injuries.

By late autumn, Operation Firefly was ending. "But more important, a rapid demobilization of the military was underway," Briggs wrote. "Civilians would resume many operations that had been assigned to military units, including ours."

Six months before President Harry Truman signed the executive order integrating all services, the Triple Nickles were merged into the 82nd Airborne Division – the first black unit to integrate the Army.

The Forest Service remembers the men's sacrifice and contributions. In 1994, several surviving members of the unit were honored guests on the Mall in Washington as thousands celebrated Smokey Bear's 50th birthday. In February 2013, the agency dedicated one of the meeting rooms in its Washington headquarters to the unit's men.

Carl Gidlund is a former smokejumper, Vietnam War veteran and member of American Legion Post 14 in Coeur d'Alene, Idaho.

Learn more about the 555th Parachute Infantry Battalion online: ***www.triplenickle.com***

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The journey to financial security begins with four easy steps.

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THE BASICS **OF BUDGETING**

BY J.J. MONTANARO

Many people's New Year's goals include a trip to the financial promised land, a place where debt is nonexistent and a secure retirement is right around the corner.

Fortunately, the route there is clearly defined: get better at budgeting. Financial success requires many things, but one of the most important is having a plan that allows you to spend less than you earn, save systematically and eliminate debt.

Unfortunately, there's much work to be done. According to a recent Blue Star Families Military Family Lifestyle survey, only 19 percent of respondents strictly adhere to a budget. That's bad news.

But here's some good news: you can make budgeting part of your life in four easy steps.

KNOW WHERE IT GOES Ever have that nagging feeling you're forgetting something? That's often the case for folks trying to figure out where their money goes. Their guesstimates are often widely off the mark. That's why you should begin your new budgeting lifestyle with a detailed understanding of how you spend your money rather than relying on guesswork.

The first task is to understand what happens between your gross income and your take-home pay – what you make vs. what you keep. A thorough review of your paystub will do the trick. What's causing you to take home less? Items such as state and federal income taxes, Social Security and Medicare, insurance deductions and retirement plan contributions (hopefully) will all bite into your take-home pay. Any surprises?

Next it's time to see what you do with the rest. Track it, ideally for at least a month. To get an accurate picture, be sure to add in quarterly or annual expenses such as holiday gifts or auto insurance. And don't forget to capture cash expenses. Yes, money spent during that quick stop at the convenience store counts.

KNOW WHERE IT SHOULD GO So you've tracked your expenses and have a firm handle on where your money is going. How are you doing? At some level you already know the answer, but the

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Reported by J. Page

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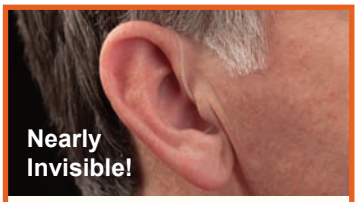
Dr. Cherukuri knew that many of his patients would benefit but couldn't afford the expense of these new digital hearing aids. Generally they are *not* covered by Medicare and most private health insurance.



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following questions can help. Do you typically have more month than money? Do you come up short when you try to save for emergencies and retirement or other long-term goals? Are you stressed every time you open the mailbox or worried about how you're going to pay bills? Do you argue with your significant other about spending? Your answers to those types of questions are a litmus test of how you're doing, and if you answered yes to any of them, a change may be necessary.

For a more meaningful assessment, it's important to have a few benchmarks. Here are some targets expressed as a percentage of gross income:

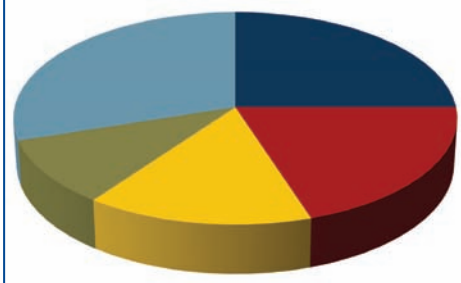
■ *Fixed requirements (45 to 55 percent).* We're talking about mortgage or rent, taxes, debt payments, savings and insurance premiums – required monthly expenditures that stay consistent. What's key to remember is that if you don't get it right with the big-ticket items, it's hard to get it right at all. Sure, you may skip the latte on the way to work, but if 70 percent of your income is going toward your house and car, that forsaken coffee probably won't help much.

■ *Variable requirements (40 to 45 percent).* These are also mandatory, but the amount of month-to-month expenditure varies. Gas, groceries, utilities and personal care fit here.

■ *Discretionary expenses (5 to 10 percent).* This is money going to things you might enjoy but ultimately can live without.

Check out the sample budget above for a more detailed breakout. At the end of this phase, you should develop the ideal spending plan for your situation.

SAMPLE BUDGET



- 25% Mortgage/rent
- 20% Taxes
- 15% Savings
- 10% Car expenses
- 30% Everything else

CREATE A PLAN TO GET FROM A TO B At this point, you've figured out where your money is going and determined where it should go. Now you need to connect the dots. You can use the framework I laid out earlier to get there; just take it in reverse order.

■ *Discretionary expenses.* These are life's extras, so do a little less. While completely cutting out unproductive expenditures may seem ideal, my experience has shown that cutting back could be a more sustainable approach – and a good way to avoid binge spending. Start cutting here first.

■ *Variable requirements.* If cuts to your discretionary spending don't free up enough cash, make some cuts to your variable requirements. Changing your cellphone plan, carpooling, cutting coupons and bargain shopping are all ways to get the biggest bang for your buck.

■ *Fixed requirements.* Finally, it may be necessary to make some big (and sometimes painful) changes to get on track. Going from two cars to one, or one to none, changing your housing arrangements and refinancing debt are all examples of how to squeeze more room into your budget. Try not to cut back your saving, but if you've got a lot of expensive debt you may have to downshift for a little while to get back on track.

STAY ON TRACK You've done the hard part, so how do you keep things going smoothly? Back to step one: track your spending and hold yourself accountable. If you're part of a couple, it's critical that you're playing from the same sheet of music and providing each other with support and encouragement. When you have a bad week (yes, you will), get up, dust yourself off and find another way to trim spending and get back on track.

So now that you know where you need to go and how you're going to get there, it's time to execute. Start 2015 strong with a commitment to budget.

The journey to the financial promised land is worth taking.

J.J. Montanaro is a certified financial planner with USAA Financial Planning Services, one of the USAA family of companies. USAA is The American Legion's preferred provider of financial services.

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Photo by Patrick Fallon

Eddie Haskell goes to jail

BY CHRISTOPHER J. LYNCH

The California State Prison, Los Angeles County (LAC) – located north of Los Angeles in Lancaster – is a 262-acre, Level 4, maximum-security facility responsible for the housing, clothing and feeding of more than 1,000 inmates.

For most visitors, entering this facility is like crossing the threshold into another world, but Ken Osmond is no stranger to these surroundings. "I spent over 18 years with LAPD, and I've been in lots of jails and escorted lots of prisoners," he says.

But Osmond is no ordinary ex-cop. In fact, to millions who grew up watching him on television, he's the last person you would ever expect to become a bastion of law and order.

Mention the name Eddie Haskell, and most people naturally think of the two-faced, conniving character from the classic TV show "Leave it to Beaver." But his portrayer is actually a huge supporter of the military and served in uniform himself while on the show.

Osmond is here to visit with a particular group of inmates. "I heard about this special group of guys and the good work they were doing," he explains. "And I wanted to thank them as a fellow veteran and as a proud American."

The inmates are members of Veterans Embracing Truth, aka V.E.T.S., one of the facility's leisure-time activity groups. The group's mission is to provide support to fellow veterans within the prison, and to do what it can for those still serving. Money raised by V.E.T.S. is donated to groups such as Blue Star Mothers of America, which uses it to send care packages overseas.

Osmond and his escort head to a classroom where they'll meet the prisoners. There is excitement in the air, but also nervousness. It isn't Osmond's law enforcement past as much as his celebrity status that's on prisoners' minds.

Richard, a former Army sergeant and leader of the V.E.T.S. group, explains, "We watch Ken every morning on 'Leave it to Beaver' in our TV room, and to have him come here to visit us ... wow, we can't believe it."

Soon, other members of the group start to file in. At one end of the room, U.S. and POW/MIA flags are displayed. The veterans rise from their seats and begin their meeting as they always do, with the Pledge of Allegiance. After Osmond is introduced as the special guest of the day, the inmates introduce themselves.

For the next hour, they pepper Osmond with questions: What branch of the military was he in? The Army Reserve. What was his MOS? Small arms repair. Where did he do his basic training? Fort Ord, Calif.

And then, a question that's puzzled some of the men: How was Osmond able to keep filming "Leave it to Beaver" while he was in the military?

"I had a master sergeant who was in charge of special services," Osmond explains. "He cut a deal with me; if I did personal appearances for him, he would get me passes to go back to LA and film shows. It beat fixing M-1 Garands."

Osmond reaches into a paper bag and removes a gift he has brought for the group: two copies of "Above And Beyond," a book about unsung military heroes he recently wrote and published.

He explains that he's a member of American Legion Post 520 in Sun Valley, where he took over the post newsletter for a short time.

"I started putting in stories about everyday heroes in uniform," Osmond says. "Everyone loved them, so I turned them into a collection of stories, and I'd like you gentlemen to have some copies."

Osmond takes a moment to sign the books and hands them to Richard.

"I want to donate these to your prison library," he says. "You guys, in spite of your circumstances, are going above and beyond."

Christopher J. Lynch is the author of "Eddie: The Life and Times of America's Preeminent Bad Boy," a biography of Ken Osmond.

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An exceptional value at $129*, the ring can be paid for in 4 easy installments of $32.25, and is backed by our unconditional 120-day satisfaction guarantee. To order yours, send no money now; just mail the Reservation. But hurry! You won't find this exclusive ring in stores, and hand-crafting could limit available.

www.bradfordexchange.com/19526

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LIMITED-TIME OFFER

*Reservations will be accepted on a **first-come-first-served basis**. Respond as soon as possible to reserve your ring.*

Shown actual size

We must receive your initial payment by 2/5/15 to guarantee Valentine's Day delivery. Call 1-866-768-6517 or visit www.bradfordexchange.com/19526

SATISFACTION GUARANTEED
To assure a proper fit, a ring sizer will be sent to you after your reservation has been accepted.

*Plus $9.98 shipping and service. Sales subject to product availability and order acceptance.

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YES. Please reserve the **"Together As One" Topaz Ring,** as described in this announcement, personalized as indicated below. Ring size_____ (If known)

Name #1

Name #2

Date or message of your choice (max. 20 characters)

Signature

Mrs. Mr. Ms.
Name (Please Print Clearly)

Address

City State Zip

E-Mail (Optional)

01-19526-001-E94901

MEMBERSHIP

Commander: Help us hit 4 million

To American Legion National Commander Mike Helm, nothing matters more than family. That's why his 4x4 campaign does not drive attention to just one individual program or membership goal of The American Legion.

His vision to exceed 4 million members across the *entire American Legion Family* – The American Legion, American Legion Auxiliary and Sons of The American Legion – can only be met through enthusiastic recruitment. That's why *The American Legion Magazine* has printed membership applications on the adjacent page. Just clip out the forms and ask friends, relatives, neighbors, co-workers and others to join the nation's largest family of patriotic Americans.

The commander's 4x4 program also sets $4 million as a fundraising goal. And just like membership, it does not matter if your tax-deductible contribution benefits an American Legion, American Legion Auxiliary, Sons of The American Legion or Legion Riders national fund. **To give easily online or to learn more, visit *www.legion.org/4x4*. You can also call in a gift at 1-800-433-3318, or send a check or money order to American Legion 4x4, P.O. Box 361623, Indianapolis, IN 46236-1626.**

Those who give $100 or more at the ***www.legion.org/donate*** page are eligible to receive Helm's "Stay On Course" fundraising pin. Three pins will be awarded to any Legion post, Auxiliary unit or Sons of The American Legion squadron that donates $500 or more.

"Growth in the Legion Family and donations that directly support veterans and their families are vital to our effectiveness," Helm says. "To continue helping a growing number of people who need us, our charity funds and rosters need to keep growing, too. Let's all work together and grow them to over 4 million."

MEMBER DISCOUNTS

Veteran travel discounts at wholesale prices

You put our country first. You've earned this.

Government Vacation Rewards has been named an authorized provider to The American Legion and is offering a travel discount program to Legionnaires. Government Vacation Rewards is a program specifically designed for government employees and military personnel to save money on their vacations. This discount is the same offered to active-duty military servicemembers.

There are multiple ways Legionnaires and their families can save on vacations by using Government Vacation Rewards:

- Government Vacation Rewards offers the most military discounts on travel anywhere. Get military cruise exclusives, hotel coupons, resort discounts and more.
- Instantly save up to $150 on cruises, resorts and vacations with reward points.
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THE AMERICAN LEGION – MEMBERSHIP APPLICATION

Name _____
(First) (Initial) (Last) (Phone)

Address _____
(Street) (City) (State) (Zip)

_____
(Membership ID# Former Member) (Email) (Post #) (Date)

Please check appropriate eligibility dates and branch of service below:

- ❑ WWI *(4/6/17-11/11/18)*
- ❑ WWII *(12/7/41-12/31/46)*
- ❑ Korea *(6/25/50-1/31/55)*
- ❑ Vietnam *(2/28/61-5/7/75)*
- ❑ Lebanon/Grenada *(8/24/82-7/31/84)*
- ❑ Panama *(12/20/89-1/31/90)*
- ❑ Gulf War/War on Terrorism *(8/2/90 until cessation of hostilities)*
- ❑ U.S. Army
- ❑ U.S. Navy
- ❑ U.S. Air Force
- ❑ U.S. Marines
- ❑ U.S. Coast Guard
- ❑ Merchant Marines *(12/7/41-12/31/46 - Only Eligibility)*

I certify that I served at least one day of active military duty during the dates marked above and was honorably discharged or am still serving honorably.

Signed By Applicant _____ Name of Recruiter _____

Mail completed application to The American Legion National Headquarters, Attn: Internal Affairs. Annual dues must accompany completed application. Ask local contact for amount due. For current department address, go to www.legion.org.

ALA 12/2013

DUES RECEIPT
(Please Print)

_____
Date

_____
Received From

$_____ for 20_____ Dues

_____
Recruiter's Name

_____
Recruiter's Signature

_____
Recruiter's Phone #

SONS OF THE AMERICAN LEGION – MEMBERSHIP APPLICATION

Date _____

Detachment of _____ Squadron No. _____ Birth Date _____

Name _____ Recruited by _____
(First) (Initial) (Last) (Initial) (Last)

Address _____
(Street) (City) (State) (Zip) (Phone)

Veteran through whom eligibility is established _____

(a) Above is a member in good standing of Post No. _____ Department of _____

OR (b) Above is a deceased veteran who served honorably from _____ to _____

(c) Relationship of Applicant to Veteran _____

Has applicant previously been a member of the SAL? _____ Where? _____

I hereby subscribe to the Constitution of the Sons of The American Legion and apply for membership.

Email Address _____ Transmit $ _____ for 20 _____ annual membership dues

Signed By Applicant (or Parent) _____ Eligibility certified by _____

Mail completed application to Sons of The American Legion department/state headquarters. Annual dues must accompany completed application. Ask local contact for amount due. For current detachment address, go to The American Legion department/state headquarters, or visit www.legion.org.

ALA 12/2013

DUES RECEIPT
(Please Print)

_____
Date

_____
Received From

$_____ for 20_____ Dues

_____
Squadron No.

_____
Department of

AMERICAN LEGION AUXILIARY – MEMBERSHIP APPLICATION

APPLICANT INFORMATION

Name (First) (M.I.) (Last)

Address

City State Zip

Home Phone Cell Phone

Email Address Unit # and Location

/ / ❑ Birth - 17 ❑ 18 and over
Date of Birth *(Required)*

Have you been a member previously? ❑ Yes ❑ No

/ /
Signature of Applicant *(or legal guardian if under 18)* Date

Mail completed application to American Legion Auxiliary department/state headquarters.
Annual dues must accompany completed application. Ask local contact for amount due.
For current department address go to: **www.ALAforVeterans.org/contact/state_headquarters**.
Dues include a yearly non-refundable allocation of $3.40 for *American Legion Auxiliary* magazine.
Membership pending approval of application.

ELIGIBILITY INFORMATION

❑ Living ❑ Deceased
Eligible through / name of veteran *(if living, must be American Legion member)*

American Legion Member ID Number

Veteran's American Legion Post Name Post # City State

Veteran served: (check all that apply)

- ❑ WWI *(4/6/17-11/11/18)*
- ❑ WWII *(12/7/41-12/31/46)*
- ❑ Merchant Marines *(12/7/41-12/31/46)*
- ❑ Korea *(6/25/50-1/31/55)*
- ❑ Vietnam *(2/28/61-5/7/75)*
- ❑ Lebanon/Grenada *(8/24/82-7/31/84)*
- ❑ Panama *(12/20/89-1/31/90)*
- ❑ Gulf War/War on Terrorism *(8/2/90 until cessation of hostilities)*

Applicant's relationship to the veteran:

❑ Mother ❑ Wife ❑ Daughter ❑ Sister
❑ Grandmother ❑ Granddaughter ❑ Great-granddaughter ❑ Self

I certify that the above named individual served at least one day of active duty during the dates marked above and was honorably discharged or is still serving honorably.

/ /
Post Adjutant/Officer Membership Verification ALA 12/2013 Date

DUES RECEIPT
(Please Print)

_____
Date

_____
Received From

$_____ for 20_____ Dues

_____
Recruiter's Name

_____
Recruiter's Signature

_____
Recruiter's Phone #

As part of his tour of the Far East, National Commander Mike Helm assists at a JPAC excavation site in the mountains of Salavan province in Laos. Photo by John Raughter

POW/MIA

'This isn't just about Danny ... it's about all of them'

"For the families." That's what National Commander Mike Helm has said many times, explaining why it was important for him to travel to a remote village in Vietnam and one of the highest mountain ranges in Laos to see MIA recovery sites firsthand.

Helm knows the importance of bringing fallen heroes back home. His cousin, Air Force Capt. Danny Thomas, has been missing since 1971. Officials from the Joint POW/MIA Accounting Command believe they have found his OV-10 in Vietnam and will begin an intensive recovery effort soon.

"This isn't just about Danny," Helm said. "It's about all of them. We are not here because we support the communist governments of Laos and Vietnam. We don't. But if we can share information to recover the remains of servicemembers from both sides, we need to do it."

The sentiment was shared by Vietnamese Deputy Foreign Minister Ha Kim Ngoc, who met with Helm in Hanoi.

"There have been many advancements made in our political, social and diplomatic relationship over the past 20 years," Ha said. "I want to thank the U.S. government for helping us with our own humanitarian issues. We know the very important role that The American Legion plays in talking to Congress. I think this helps overcome the consequences of war and heals the wounds of both nations."

Vietnam has gone to great lengths to open its archives to learn the whereabouts of Americans, Ha added.

Although JPAC is undergoing some reorganization after an inspector general's report unveiled operational and leadership deficiencies, Helm expressed his appreciation for the professionalism and work ethic of those engaged in excavation and recovery.

"When I visited the Department of Montana, I witnessed the burial of a World War II airman lost in Papau, New Guinea," he told an excavation team prior to boarding a helicopter from Ta Oy Base Camp in Laos. "At the airman's burial were his family. The Patriot Guard was there, the Army and Air Force had people there, an American Legion color guard was there, and about 400 other people. That's how important the work you do is."

After arriving at an excavation site in the mountains of Salavan province in Laos, it was quickly apparent that Helm's visit was more than symbolic; along with JPAC's team, he spent hours shoveling soil and filling buckets at a site that might be considered hallowed ground.

"Being at that site, where an A-4 pilot lost his life, was more meaningful than anything else I have seen here," Helm said. "Finding his remains would hopefully bring some closure to his family and those with whom he served."

– John Raughter

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VERBATIM

"We're in a tailspin. The world is facing a possible glut of oil in 2015."

Tom Kloza, global head of energy analysis at the Oil Price Information Service, on a five-year low in crude oil prices, followed by gasoline prices averaging $2.50 a gallon at year's end. According to Kloza, consumers paid $470 billion to $480 billion for motor fuel between 2011 and 2013, and are likely to pay $75 billion to $100 billion this year. Source: *USA Today*

WAR ON TERRORISM

Back in battle

U.S. intelligence and military officials conclude that as many as 30 former Guantanamo Bay detainees have joined forces with the Islamic State and other militant groups inside Syria, Fox News reports. Some of the former detainees were released within the past three years.

All told, 180 of the 620 detainees released from Guantanamo Bay have returned to the battlefield or are suspected of doing so. There are 149 detainees still being held at the terror detention facility.

BY THE NUMBERS

735,616 Number of VA benefits claims represented by American Legion service officers, as of Dec. 10

737 Number of American Legion posts that had shared their post histories online for the organization's upcoming 100th anniversary as of Dec. 10, at **centennial.legion.org**

$18,465 Amount raised for the Legion's Temporary Financial Assistance (TFA) program, in a "Vets of Valor" radiothon put on by The American Legion Department of Iowa and 93.3 KIOA

300 Approximate number of American Legion posts nationwide that offered citizenship and naturalization programs in 2013

40,564 The American Legion's number of Twitter followers, as of Dec. 22

$31,626 Donation to Operation Comfort Warriors by Dr Pepper Snapple Group, accepted by The American Legion Department of Iowa

IMMIGRATION

Lessons from Ike

There is a simple solution to illegal immigration, and it comes down to having the will to ensure that U.S. borders and laws are respected – something that has been tried and worked in the past.

As *The Christian Science Monitor* has reported, when faced with a huge influx of some 3 million illegal migrants, President Dwight Eisenhower responded "quickly and decisively" with only 1,075 U.S. Border Patrol agents in an operation that "is still highly praised among veterans of the Border Patrol."

Herbert Brownell Jr., Eisenhower's first attorney general, noted that "hundreds of thousands were coming in from Mexico (every year) without restraint."

In response, Ike turned to an old West Point classmate, retired Gen. Joseph "Jumpin' Joe" Swing. As INS commissioner, Swing began the roundup of illegals in California and Arizona in mid-1954. "By the end of July, over 50,000 aliens were caught in the two states. Another 488,000, fearing arrest, had fled the country," according to the *CSM* report. "By mid-July, the crackdown extended northward into Utah, Nevada and Idaho, and eastward to Texas. By September, 80,000 had been taken into custody in Texas, and an estimated 500,000 to 700,000 illegals had left the Lone Star State voluntarily."

Wikimedia Commons

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61899/62399

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9" x 72" 2 PIECE STEEL LOADING RAMPS

• 1000 lb. Capacity

SAVE $55

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69591/69646

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GALLERY

American Legion National Commander John Davis, left, greets Marine Pfc. Robert Brock of West Fargo, N.D., during a visit to Da Nang, Vietnam, on Dec. 6, 1966. An Army veteran, Davis fought in the European theater during World War II, receiving the Bronze Star and Silver Star. He served as North Dakota governor from 1957 to 1960. Photo courtesy U.S. Marine Corps and The American Legion Library

HONOR & REMEMBRANCE

Texas city proud home of original Iwo Jima sculpture

Every year, millions of people visit the Marine Corps War Memorial, also known as the Iwo Jima memorial, outside Arlington National Cemetery in Virginia.

But did you know the statue's original plaster model is also on display? It's located in the small city of Harlingen, Texas, near the former home of Marine Cpl. Harlon Block, who was killed by a shell burst a week after helping raise the flag. The 32-foot-tall figures are in position, hoisting a 78-foot steel flagpole from which a cloth flag flies.

The sculptor chose to permanently display the mold at Harlingen's Marine Military Academy, says Gloria Boling, director of the Iwo Jima Museum and Gift Shop, which is across the street from the boys college preparatory boarding school. "The pieces were in the back of sculptor Felix de Weldon's studio and he wanted to donate them to a high school, so he found the Marine Military Academy."

He gave the mold to the school in 1981, but transporting it wasn't nearly so easy. The Texas Truckers Association covered the cost of 10 flatbed trucks that delivered the mold to Harlingen. De Weldon, a Navy veteran, "came down and orchestrated it being put together," Boling says.

Block, who is buried near the base of the monument, was not immediately identified as one of the six flag-raisers. Eighteen months after Joe Rosenthal's iconic photograph was published, a congressional investigation revealed Block as one of the men. Fellow flag-raiser Ira Hayes helped set the record straight. "In fact, Hayes hitchhiked from Arizona to south Texas to tell Block's mother that her boy helped raise the flag," Boling says.

The museum has a display honoring Block and the other flag-raisers, along with a collection of weapons, military memorabilia and a documentary film.

Every year on Feb. 23, the museum recognizes the men who raised the flag at Iwo Jima, and all who fought in the five-week battle. "We always have a parade to honor the Iwo Jima veterans," Boling says. "There's not many left. Last year, I think we had eight Iwo Jima veterans and others from World War II."

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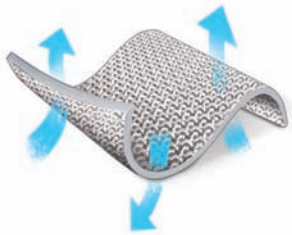

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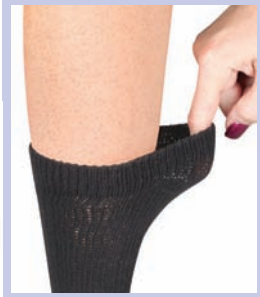

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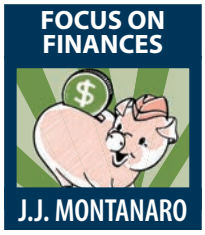
PERSONAL FINANCE

The scoop on credit scores



This may be a shocker, but that all-important number in the world of borrowing – your credit score – doesn't really exist, at least not in singular form. Believe it or not, you couldn't count all your possible credit scores even if you used all your fingers and toes. You could have dozens.

Even so, all credit scoring models share a common purpose: they examine your current and past credit behaviors to predict if you're likely to pay back money a lender is contemplating loaning to you, whether it's a car loan, a credit card or a mortgage.

Your score is calculated by taking the information held at a credit bureau and running it through a scoring model.

Here's why you could have so many scores:

■ **Different creators** Often, "FICO score" and "credit score" are used synonymously. That's nice for FICO, the company that created credit scoring, but it's kind of like calling all soda Coke.

Recently another big player entered the fray: VantageScore. The credit bureaus themselves, in an attempt to tap into the big bucks of credit scoring (and cut what they pay to FICO), created this new form of credit scoring.

■ **Different databases** Different information coming in equals different scores coming out. Any of the three credit bureaus could supply the raw data that go into a particular credit score. But not all lenders report the same information to each bureau, so your score may be different based on which database is used.

■ **Different purposes** There are different models for different types of lending. There's a score designed to determine how much of a risk you are in general, but there are also scores for lenders who want to gauge your risk specifically for a car loan, credit card or mortgage.

■ **Different versions** Over the years, credit scoring has gotten more and more sophisticated. However, some lenders may not want to pay for the latest and greatest scoring version when they're already using an older (and less expensive) method to calculate your score. This means they save some money, while you have yet more possible credit scores.

Despite the potential confusion created by all these different scores, there's good news. Whether you have 3 or 30, you can be laser-focused in your effort to build or maintain a top-notch score. Do the right things and everything will fall into place, no matter how your score is calculated.

J.J. Montanaro is a certified financial planner with USAA, The American Legion's preferred provider of financial services. Submit questions for him online.

www.legion.org/usaa/focusonfinances

EDUCATION

The Choice Act

Q: *I attend a college in Wyoming and have been charged as an out-of-state student. Will I be considered an in-state student under the Choice Act?*

A: Effective July 1, 2015, all public institutions must charge in-state tuition and fee amounts to those using Post-9/11 GI Bill and Montgomery GI Bill Active Duty benefits. A "covered individual" is defined as:

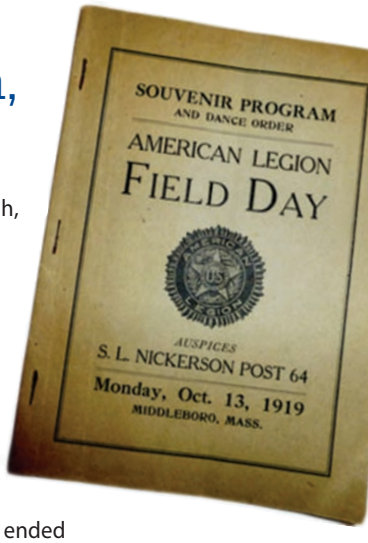
■ A veteran, spouse or child using transfer benefits, who lives in the state in which the institution of higher learning is located (regardless of his/her formal state of residence) and enrolls within three years of discharge from a period of active-duty service of 90 days or more.

■ A spouse or child using benefits under the Fry Scholarship who lives in the state in which the institution of higher learning is located (regardless of his/her formal state of residence) and enrolls within three years of the servicemember's death in the line of duty following a period of active-duty service of 90 days or more.

Valerie Heffner is a Marine Corps veteran and member of American Legion Post 27 in Arizona. ***askvalerie@legion.org***

CENTENNIAL

Post 64, Middleborough, Mass.



American Legion Simeon L. Nickerson Post 64 in Middleborough, Mass., hosted an American Legion Field Day on Oct. 13, 1919, with the support of local businesses. Activities included a baseball game, a potato race, a one-mile run, a 100-yard dash, a 440-yard dash and a sack race, along with a tug of war between Army and Navy veterans and another between members of Post 64 and the fire department. The event ended with a dance and concert by the Bay State Band.

www.centennial.legion.org/massachusetts/post64

Share your post's legacy
Upload photos, stories and videos related to your post's history on the Legion's Centennial Celebration page.
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How to submit a reunion

The American Legion Magazine publishes reunion notices for veterans. Send notices to ***The American Legion Magazine,* Attn: Reunions, P.O. Box 1055, Indianapolis, IN 46206,** fax **(317) 630-1280,** e-mail **reunions@legion.org** or submit information via our website, **www.legion.org/reunions.**

Include the branch of service and complete name of the group, no abbreviations, with your request. The listing also should include the reunion dates and city, along with a contact name, telephone number and e-mail address. Listings are publicized free of charge.

Your notice will appear on our Web site within a week and will remain available online until the final day of your reunion. Upon submission, please allow three months for your reunion to be published in print. **Due to the large number of reunions, *The American Legion Magazine* will publish a group's listing only once a year.** Notices should be sent at least six months prior to the reunion to ensure timely publication.

Other notices

"In Search Of" is a means of getting in touch with people from your unit to plan a reunion. **We do not publish listings that seek people for interviews, research purposes, military photos or help in filing a VA claim.** Listings must include the name of the unit from which you seek people, the time period and the location, as well as a contact name, telephone number and e-mail address. Send notices to ***The American Legion Magazine,* Attn: "In Search Of," P.O. Box 1055, Indianapolis, IN 46206,** fax **(317) 630-1280** or e-mail **reunions@legion.org.**

The magazine will not publish names of individuals, only the name of the unit. Listings are published free of charge.

Life Membership notices are published for Legionnaires who have been awarded life memberships by their posts. **This does not include a member's own Paid-Up-For-Life membership.** Notices must be submitted on official forms, which may be obtained by sending a self-addressed stamped envelope to ***The American Legion Magazine,* Attn: Life Memberships, P.O. Box 1055, Indianapolis, IN 46206.**

"Comrades in Distress" listings must be approved by the Legion's Veterans Affairs & Rehabilitation division. If you are seeking to verify an injury received during service, contact your Legion department service officer for information on how to publish a notice.

To respond to a "Comrades in Distress" listing, send a letter to ***The American Legion Magazine,* Attn: Comrades in Distress, P.O. Box 1055, Indianapolis, IN 46206.** Include the listing's CID number in your response.

"Taps" notices are published only for Legionnaires who served as department commanders or national officers.

AIR FORCE / ARMY AIR FORCES

55th & 58th WRS, Branson, MO, 6/10-13, Conrad Layton, (918) 446-6945, conradlay@aol.com; **601st-615th AC&WS,** Charleston, SC, 4/27-5/1, Francis Gosselin, (352) 588-9295, fgosselin@tampabay.rr.com; **60th Trp Carrier Grp (1950-1961) & Other C-119 Vets**, Pigeon Forge, TN, 9/21, Paul Baldwin, (254) 694-2267, dbaldwin@hillsboro.net

ARMY

8th Inf Div (Europe), Louisville, KY, 7/24-26, David Flores, (909) 973-9967, aps56march@yahoo.com; **11th Abn/Air Assault Div Mid-Atlantic Chpt & 187th RCT,** Myrtle Beach, SC, 2/21-25, Artie Heape, (843) 846-4693, artieheape@centurylink.net; **20th Eng Bde & All Units (Vietnam),** Branson, MO, 7/23-26, Gerald Manint, (217) 678-8159, gmanint@mediacombb.net; **32nd Red Arrow Vet Assn,** Neillsville, WI, 8/21-23, Arthur Kanter, (608) 312-1136, artk32@charter.net; **59th Land Clearing Co,** Branson, MO, 8/6-9, Mel Rowe, (314) 807-9767, melrowe57@gmail.com; **407th Radio Research Det,** Indianapolis, 6/5-7, Johnny Richee, (317) 856-5557, jgrichee@att.net; **508th MP Bn Alumni,** Branson, MO, 4/29-5/6, Don Henderson, (765) 654-5288, dhoink@sbcglobal.net; **589th Eng Assn,** Branson, MO, 9/10-13, John Hunt, (219) 775-6884, hunt6985@comcast.net; **C Co 169th Eng Bn,** Louisville, KY, 5/8-9, John Czerwinski, (502) 507-9329, johncz@bardstowncable.net; **L Co 21st Inf Rgt 24th Inf Div,** Kissimmee, FL, 4/22-26, George Vlasic, (910) 287-5618, geonanvlasic@atmc.net; **Vietnam Dusters, Quads, Searchlights, Vulcans & Hawks,** Colorado Springs, CO, 6/10-14, Bruce Geiger, (914) 576-1050, bmgeiger@aol.com

COAST GUARD

Bibb, Charleston, FL, 10/11-15, Jim Tweed, (508) 478-9694, jtweed94@comcast.net

MARINES

3rd 8 Inch Howitzer Btry SP, Charleston, SC, 9/17-20, Dennis O'Brien, (805) 340-6286, cobrienbook@aol.com; **Basic School Class 1-68 A Co (Quantico, VA, June-Nov 1967),** Fredericksburg, VA, 4/28-5/4, Richard Kurth, tbs1dash68@gmail.com; **Charlie Btry 1-12 (Vietnam, 1965-1969),** Arlington, VA, 6/17-20, Ben Squires, (425) 941-4651, bsquires6@gmail.com; **HMM-265 Sqdn (1962-2015),** Fort Lauderdale, FL, 11/8-15, Tim Bastyr, (770) 304-2290, tmb2sdb@numail.org

NAVY

***Abnaki* ATF 96,** Jeffersonville, IN, 9/16-20, Debbie Pennington-Setser, (937) 243-5368, tsetser@columbus.com; ***Ashtabula* AO 51,** Louisville, KY, 6/10-13, Darrell Hooten, (812) 334-3757, dphooten@yahoo.com; ***Bradley* DE/FF 1041,** Washington, 9/1-30, Bruce Gottsch, (845) 634-3993, bgottsch@verizon.net; ***Carpenter* DD 825,** Portland, OR, 5/14-17, Coy Ritchie, (303) 690-5118, coyritchie@aol.com; ***Charles F. Adams* DDG 2,** Branson, MO, 4/19-24, Richard Harmon, (386) 235-8723, dharmonlpga1@aol.com; ***Chikaskia* AO 54,** Kissimmee, FL, 4/22-26, Robert Grant, (352) 753-7552, bobgrant1942@gmail.com; ***Cony* DD/DDE 508,** Myrtle Beach, SC, 4/29-5/3, Charles Heilman, (410) 952-6796, connieheilman1@gmail.com; ***Fairfax County* LST 1193,** Little Creek, VA, 8/14-16, Herman Volpe, (440) 428-0373, clebrowns@roadrunner.com; ***Lapon* SSN 661,** Norwich, CT, 10/8-11, Dan Cavanaugh, (508) 776-8464, dcavanaugh@capecod.net; ***Liberty* AGTR 5,** Manistee, MI, 6/19-21, Jack Beattie, (810) 794-2115, jbeattie2009@comcast.net; **Mine Div 113 (Vietnam),** Minneapolis, 9/17-20, Don Hecke, (501) 620-0593, don9329@hotmail.com; **Navy Lithographers,** Nashville, TN, 10/21-24, John Belrose, navylithographers@gmail.com; **NMCB 40,** Tyson Corner, VA, 4/16-19, Edward Holston, (609) 628-2073, nmcbfighting40@aol.com; **NMCB 58, Pensacola, FL,** 4/21-24, Jim Nunn, (909) 862-1655 jenunn@earthlink.net; ***Sierra* AD 18,** Norfolk, VA, 10/7-9, Bill Skillin, (913) 683-1423, sierra7073@sbcglobal.net; ***Spiegel Grove* LSD 32,** Evansville, IN, 10/13-16, Dannie Overton, (270) 999-8625, dannieo1@att.net; **US Navy Cruisers Sailor Assn,** Washington, 5/11-17, Jim Chryst, (973) 222-5499, jchryst@embarqmail.com; **VB-109 & VPB-109 Bomb Sqdn,** Oklahoma City, 9/17-19, Roy Balke, (814) 866-6683; **VS-29 All Hands,** Pensacola Beach, FL, 4/13-17, Don Barns, (850) 897-8946, catdonb@aol.com; ***Willard Keith* DD 775,** Norfolk, VA, 5/6-10, Don Hempstead, (501) 884-6242, dhempj2@artelco.com

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6486th Air Base Grp (Hickam AFB, HI, 1953-1956), Jim Distler, (814) 834-6929

B Btry Spec Wpns 3/17 (Merrell Bks, Nurnberg, West Germany, 1966-1968), M. Cottam, macdufforegon@yahoo.com

B Co 682nd Eng Bn 47th Inf Div (Camp Rucker, AL, 1951-1953), Joe Ferndino, (315) 946-4933

***Forrest Sherman* DD 931 (Apr-Dec 1963),** John Hudson, (302) 381-0076, jrhudson@gmail.com

***St. Paul* CA 73 (1944-1971),** John Hannabach, (770) 459-1343, hannajo73@comcast.net

Trp B 7th Cav Rgt 1st Cav Div (Tokyo, 1946), Irving Kistreff, (954) 933-1135

UK Comm (EAME) Tiger Team (Spec Maint Team) (RAF Mildenhall, England, 1970s), Jack Williams, (812) 948-6251,wjoycejack@sbcglobal.net

USMC Disbursing Office 9th Mar & FLSG-B Sub-Unit 2 (Dong Ha, Vietnam, 1967-1968), Robert Pachecano, (210) 385-1154, azteckin@aol.com

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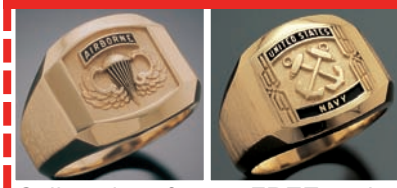

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Maybe they call it middle age because that's where it shows up first.

A SALESMAN was about to knock on a door when he saw a little boy walk by.

"Is your mother at home?" he asked.

"Yes," the boy said. So the salesman knocked again, with no answer.

"I thought you said your mother was home," he told the boy.

"She is. But I live across the street."

LOVE MAY NOT make the world spin around, but it certainly makes a lot of people dizzy.

A DOCTOR asked a business tycoon, "Shall I give your wife a local anesthetic?"

"Are you kidding?" the businessman replied. "I'm rich! Give her the best. Something imported."

WHY DID THE MAN tiptoe past the medicine chest? He didn't want to wake the sleeping pills.

A MAN standing in line outside a theater's box office was surprised to see a sign that read, "Popular price: $15."

"You call $15 popular?" he asked the ticket seller.

"We like it," she replied.

A LITTLE GIRL was at her first wedding and carefully observed the entire ceremony. When it ended, she asked her mother, "Why did the lady change her mind?"

Her mother asked, "What do you mean?"

"Well, she went down the aisle with one man and came back with another one."

"How come the cow didn't burn up on re-entry?"

"The court finds you guilty of Internet fraud and sentences you to five years of dial-up."

"Sorry, 007 – austerity all around."

A TEENAGER told his mother, "Mom, there are a half dozen men downstairs with vacuum cleaners. They all say they have an appointment to give demonstrations."

"Great!" she said. "Put them in different rooms and tell them to get busy."

CHURCH BULLETIN BLOOPERS

- "A worm welcome to all who have come today."
- "The cost for the Fasting & Prayer Conference includes meals."
- "Place your donation in the envelope along with the deceased person you want remembered."
- "The church will host an evening of fine dining, superb entertainment and gracious hostility."

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